Health Protection

F a c t s

DOES YOUR OLDER CHILD (AGE SIX YEARS TO ADOLESENCE) HAVE THE FLU?

START

Is your child's temperature 38˚C or higher?

NO → Does your child have a sore throat, stuffy or runny nose?

YES → Possible cause: Uncomplicated cold

YES ↓

Is your child:
- Short of breath while resting or doing very little
- Finding breathing difficult or painful
- Wheezing
- Has a temperature over 39C (102F)
- Vomiting for more than 4 hours
- Hard to wake up, unusually quiet or unresponsive.

YES → Take your child to be seen by a physician

NO ↓

Does your child have:
- Chronic heart or lung disease requiring regular medical care
- A chronic illness such as diabetes or cancer, which is receiving treatment
- Diseases/treatments that affect the immune system (e.g. HIV/AIDS), kidney disease.
- A condition requiring regular use of ASA (acetylsalicylic acid) e.g. aspirin

YES → Call your doctor or Health Help Line for advice.

NO ↓

Does your child have a dry cough and any of:
- Aching muscles
- Headache
- Extreme tiredness
- Sore throat
- Runny/stuffy nose

YES → Possible cause: Uncomplicated Flu*

NO → If your child's symptoms do not match the ones on this chart and you are concerned, call your doctor or Health Help Line for advice.

*Uncomplicated Flu: Usually the symptoms start to clear up in 5-7 days
Source: Canadian Pandemic Influenza Plan, Feb. 2004, Annex G

Provided courtesy of Health Protection, Grey Bruce Health Unit
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