



## PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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### INFLUENZA

- Influenza or *the flu* is a severe viral infection of the respiratory tract.
- It is extremely contagious through coughing & sneezing with an incubation period of 24-36 hours.
- Symptoms are **much** more severe than regular colds.
- Fever is almost always present. It can start suddenly & may last 3-5 days.
- There may be exhaustion or an overall feeling of tiredness & sleepiness.
- Muscle aches are common even to where it is sore to move or touch.
- Congestion, sneezing, coughing & watery eyes are present in both *the flu* and colds. The flu commonly leads into chest congestion or pain.
- Headache is also present in *the flu*.
- *The flu* can be prevented by getting a yearly **FLU SHOT.**

### TREATMENT:

- Antibiotics do not cure *the flu*.
- Get lots of rest & fluids. Offer fever & pain relievers (Tylenol or Motrin) in children older than 2 months for fever or any other physical discomfort.
- Also offer cough (*Delsym*) & cold medicines like antihistamines (*Benadryl*) to help with symptom relief.
- Apply Vaseline, or antibiotic ointment to nasal openings to prevent & cure irritation or infection of the skin in the nasal area.
- Steam showers or a cool-mist humidifier in the bathroom will help to loosen congestion.
- Nasal saline drops & gentle suctioning may benefit infants & young children.
- Cool compresses with damp towels or cloths help reduce fever.
- If your child is old enough offer throat lozenges or warm salt-water gargle to soothe a sore-throat
- **REMEMBER TO WASH HANDS OFTEN TO PREVENT SPREAD!**
- *The flu* can be prevented by getting a yearly **FLU SHOT.**

### Call or bring your child into the office IF:

- Fever is greater than 104 or lasts longer than 2-3 days.
- Cough interferes with eating or sleeping & is not relieved with treatments.
- Your child is breathing hard, wheezing or has noisy breathing.
- Your child develops a rash or is extremely fussy.
- Your child is very sleepy or inactive.
- Your child is younger than 2 months.
- Your child is not eating &/or not wetting diapers as often.
- Symptoms last longer than 10 days.
- You have any concerns or your child seems worse.