

The Swine Flu & Your Child

Prepared by the
Southern Early Childhood Association



www.SouthernEarlyChildhood.org

7 Things You Need to Know

1. The Swine Flu is no more severe than the seasonal flu.
2. Prevention is the key, so practice good hygiene and sanitation habits.
3. Get vaccinated.
4. Continue breastfeeding, even if you are sick.
5. Keep sick children at home.
6. Save the Emergency Room for true emergencies.
7. Treat symptoms with medicine when appropriate.

Protecting Your Baby

- How can I keep my baby from getting the flu? Wash your hands before feeding your baby and try not to cough or sneeze in your baby's face. If possible, only family members who are not sick should care for your infant.
- Is OK for me to feed my baby if I am sick? If no one else is available to feed your baby, try wearing a facemask during feedings. If you are breastfeeding, it is ok to give your baby your expressed milk.
- Can I take medicine to treat or prevent the flu if I am breastfeeding? Yes, but contact your doctor before doing so to be sure.
- My baby is sick. Do I keep breastfeeding? Yes. You should even increase the frequency of feedings to help your sick baby get the extra fluids he or she needs.



When to Call the Doctor

Call your doctor if your child displays any of the following symptoms or behaviors:

- Fast or labored breathing
- Bluish or grey skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that he does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Flu-like symptoms, including a fever and/or cough, AND a chronic illness (like heart or lung disease, diabetes, or asthma).



- Do not give over-the-counter cold/flu medicines to children younger than 4 years old.
- Do not give aspirin-containing products (like Pepto-Bismol®) to children under 18 years of age, as it may increase the risk of Reye Syndrome.

Sources

Centers for Disease Control, www.cdc.org
Children's Memorial Hospital, www.childrensmemorial.org

**For more information, go to
www.cdc.gov/h1n1flu/parents**