A GUIDE TO HELPING YOU fight the FLU

KNOW WHEN AND WHERE TO SEEK TREATMENT

**Ok to wait**
Consider waiting until the next morning to see a doctor when your child:
- is urinating normally, even if he has a fever
- is playful, eating well, and interactive

**Call a doctor**
You should call a doctor when your child:
- is lethargic
- has a fever for more than three days
- will not take liquids or does not urinate at least every 8 hours

**Go to the ER**
You should go to the Emergency Room when your child:
- has shortness of breath (if severe difficulty breathing call 911)
- is not alert (if unresponsive call 911)
- has dry lips, sunken eyes or decreased urine

The best defense against the flu is **vaccination**

For more information about the flu, call go to [childrens.com/flu](http://childrens.com/flu).