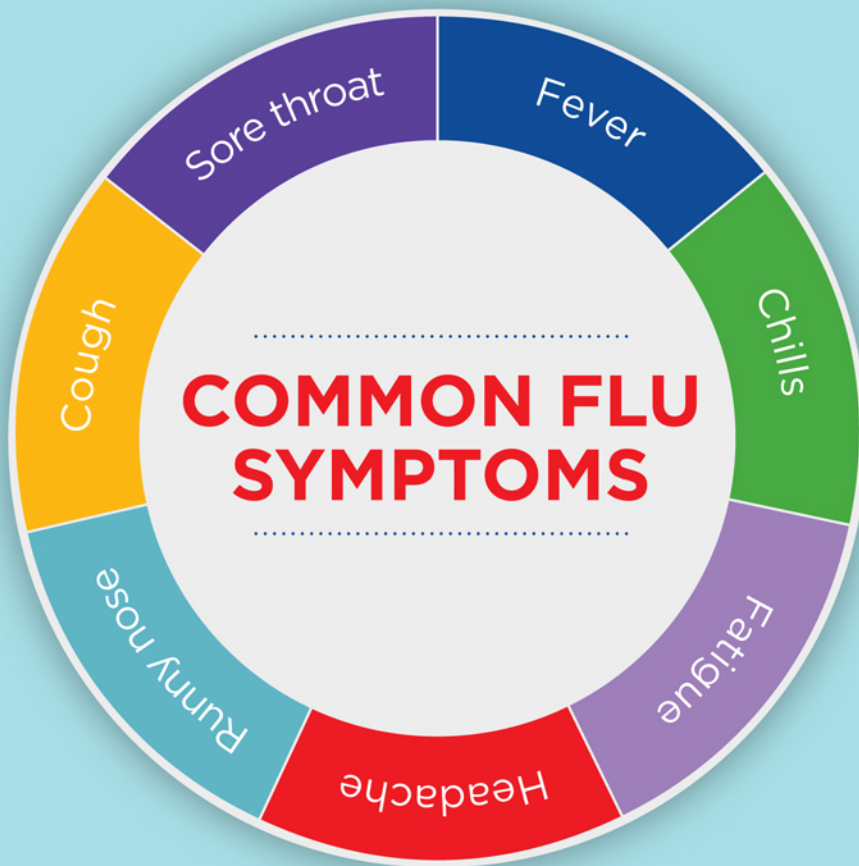


# A GUIDE TO HELPING **YOU fight the FLU**



## **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**