

INFLUENZA

Influenza is a serious viral infection that attacks your entire body causing fatigue, fever, headache, sore throat, congestion or runny nose, cough, and body aches. Nausea, vomiting and diarrhea can also occur. To be more comfortable during this illness:

ACETAMINOPHEN OR IBUPROFEN can be used for fever or discomfort. **DO NOT GIVE ASPIRIN** due to the risk of Reye's syndrome.

FLUIDS should be increased. Since solid food intake will decrease, encourage liquids with sugar and salt such as Gatorade, ginger ale and soft drinks. Cool drinks, popsicles and Jell-O will help reduce body temperature. Fruit juice may be used, but excess fruit juice will cause diarrhea.

REMOVE NASAL SECRETIONS using salt water (saline) nasal drops and breathing the mist from a humidifier or steamy shower. In children over the age of two years, Afrin nasal spray may be used twice daily for 3 days. Decongestants and cough suppressants can be used in the older child also.

REST, REST, REST is a key ingredient for a quicker recovery.

THE FLU SPREADS when droplets of infected secretions are coughed or sneezed on surfaces that you touch or into the air that you breathe. Cover your coughs and sneezes. Use tissues and wash hands with soap and water or alcohol based hand sanitizer.

Since you can spread the illness before you know you are sick—two days before symptoms appear--all members of the household should limit their contact with others as much as possible. No one from your household should go to work, school, or large gatherings until 7 days after recovery.

Tamiflu and Relenza decrease the ability of this virus to multiply in your body. It should be started within 48 hours of the onset of symptoms. The drug may also be given to other family members to prevent or decrease the severity of their illness.

CALL MY OFFICE or go to the Emergency Room if your child has:

- Dehydration with dry mouth, no tears, sunken eyes or decreased urination
- Severe, persistent cough
- Temperature greater than 102 degrees after 2 days of illness
- Difficulty in waking up or recognizing you
- Vomiting as the influenza is going away
- Pain that does not respond to the measures listed above

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