

PANDEMIC INFLUENZA A H1N1 –

SELF-CARE FOR CHILDREN* AT HOME

*Child = under 14 years

1. Keep children (especially infants < 1 year) with influenza symptoms away from others if possible – “minimise snot sharing”
2. If infants or children have a high fever or are miserable with pain give paracetamol or ibuprofen – **do not exceed dosing on the bottle.**
(Children should not take aspirin)
3. Encourage the child to drink plenty of fluids
4. Rest at home – the child should not return to school or preschool until essentially well – that is, not sneezing or coughing – typically 7 days after the start of symptoms
5. Avoid exposure to tobacco smoke
6. Seek help if your infant or child:
 - a. has shortness of breath (infants may show difficulty feeding)
 - b. is unable to keep any fluids down and has poor urine output
 - c. becomes very lethargic or irritable (infant may have altered cry)
 - d. becomes very pale or has blue lips or gums
 - e. develops a rash that does not go away when you press on it
 - f. **REMEMBER** – other illnesses may seem like influenza at the start - if you are worried seek help.

**To seek help contact Healthline 0800 611 116
or the NMDHB free phone 0800 FLU INFO
or your GP
or take your child to the nearest community influenza centre.**

7. Children with chronic illnesses* are at increased risk of complications from influenza. In addition to the guidelines above, ensure supervision from family or friends and/or arrange reassessment by phone or visit to a doctor or influenza clinic
8. Take Tamiflu, antibiotics and other medications if prescribed.

*Other illnesses: asthma, cystic fibrosis, heart problems, diabetes, cerebral palsy, any illness that make coughing or breathing hard