

Novel Influenza A (H1N1) (Swine Flu)



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU



Caring for a baby or child with the flu

Very young children and infants will probably have similar symptoms to adults but are often unable to explain what they are feeling. Younger children, especially those under six months, may

also have diarrhoea, vomiting and stomach pain.

When a baby or child has the flu, it is important to:

- take medications for symptom relief as needed for fever and pain, such as paracetamol or ibuprofen. These medicines do not need to be taken regularly if your symptoms improve
- do not give aspirin (acetylsalicylic acid) or products that contain aspirin to children or teenagers 18 years old or younger
- children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider
- offer cool fluids frequently, including water, fruit juice and milk. If the child is drowsy or not responding well, do not attempt to give fluids; instead, seek medical or nursing advice immediately
- dress the child in lightweight clothing
- give a lukewarm bath or shower. (Do not give cold baths or showers, which can be unpleasant and distressing for the child, and does not lower body temperature)
- use salt-water drops (saline) to treat a stuffy nose

Antibiotics will not help children who have the flu and will only be

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Antibiotics will not help children who have the flu and will only be

prescribed for children who have complications as a result of the flu, such as pneumonia or an ear infection.

You should urgently seek medical or nursing attention when the baby or child in your care has the following symptoms:

For babies:

- breathing is fast or noisy, possibly with wheezing or grunting
- area below ribs sucks inward (instead of expanding as normal) as baby breathes in
- has blue lips
- is limp or unable to move
- is drowsy or difficult to wake
- is severely irritable
- has a seizure (convulsion/fit)
- Is not drinking enough fluids, the nappies remain dry or there are fewer than four wet nappies in 24 hours
- any of these symptoms improve and then suddenly become worse

For children:

- Breathing is fast or noisy, possibly with wheezing or grunting
- Area below ribs sucks inward (instead of expanding as normal) as young child breathes in
- Has bluish or dark-coloured lips or skin, particularly on fingers and toes
- It is difficult or impossible to wake your child, they are very drowsy
- Severely irritable, not wanting to be held
- Not drinking enough fluids
- Not passing urine regularly (about every 6 hours when awake is normal)
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