How to protect your children

Prevention is better than cure

If your child is more than 5 years old, has a high temperature (above 38°C) and other respiratory symptoms persisting beyond 3 days of taking an anti-fever medicine, seek medical attention immediately.

Ask your children to cover their mouth and nose with their upper sleeve, a disposable tissue or a clean handkerchief when they cough or sneeze.

Watch out for the main influenza symptoms: high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain.

Children with mild influenza symptoms who do not have a chronic medical condition should be kept at home, and should rest until they have fully recovered.

If your child is below 5 years old and has influenza symptoms, seek medical attention immediately.

If your child is more than 5 years old, has a high temperature (above 38°C) and other respiratory symptoms persisting beyond 3 days of taking an anti-fever medicine, seek medical attention immediately.

If your child has a chronic medical condition and suddenly develops signs and symptoms of influenza, seek medical attention immediately.

Sick children who are being treated at home should be kept separate from other members of the household until they get better.

Do not give any antiviral or antibiotic or medicines containing aspirin to children without proper medical advice.

Educate children to avoid sharing drinking cups, towels, etc and to avoid touching their eyes, nose or mouth with unwashed hands.

Ask your children to avoid going to crowded places during the influenza season, and not to hug or kiss when greeting if they and others have influenza symptoms.

The vast majority of people infected with seasonal influenza get better with no medical intervention.

For more information:
www.who.int/topics/influenza