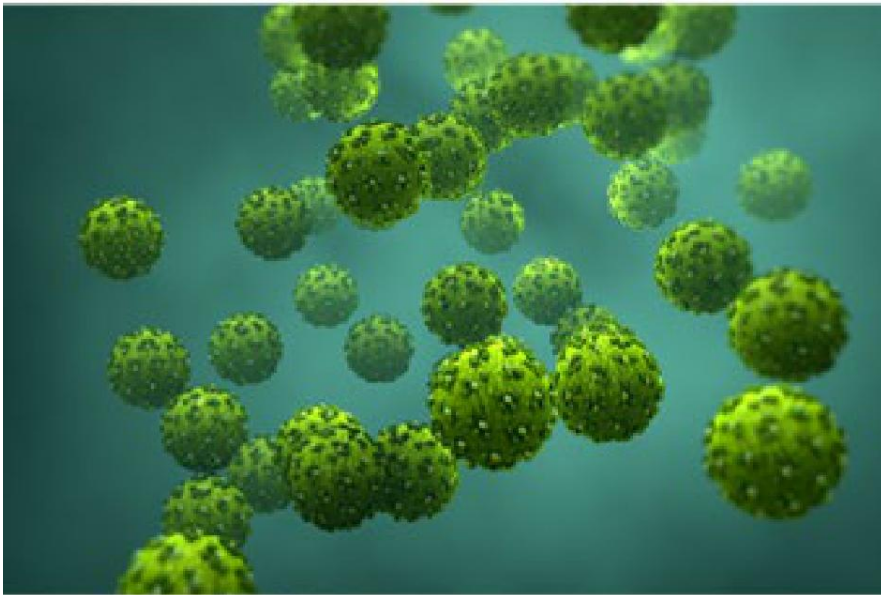




## Influenza (Flu) in Children



### Overview

This viral lung infection is more dangerous than a common cold, especially for young children. It can lead to hospitalization. It can be life-threatening.

### Causes

What causes the flu? Well, there are several flu viruses. They spread from an infected person to others in droplets from coughs and sneezes. Your child breathes in these droplets, or picks them up when they touch a contaminated surface. Then, the virus can get into your child's mouth, nose or eyes.

### Symptoms

What are the symptoms? It commonly causes fever, headache, body aches and fatigue. It causes coughing, sore throat, and a runny or stuffy nose. Your child may also have vomiting and diarrhea. Sometimes, the flu can lead to severe symptoms like high fever, chest pain, bluish skin or seizures. A child who has severe symptoms needs medical care as soon as possible.

### Treatment

The best way to keep your child safe from the flu is by making sure they get a flu vaccine every year. But if your child does get the flu, treatment depends on their needs. Your doctor will create a care plan that's right for you.