



# Pandemic H1N1 flu

[www.flu.oregon.gov](http://www.flu.oregon.gov)

## Children at High Risk of Flu Complications

### Introduction

- Children with chronic health problems including asthma, diabetes, heart disease, obesity, neuro-developmental conditions and other serious medical conditions are at higher risk of having complications from flu.
- In addition, all children younger than 5 years old are at higher risk of flu complications compared to older children.



prescribed by your child's health care provider.

4. When and where to go if your child gets sick.
5. A list of all medications your child is taking and the times of day they are taken.
6. A list of necessary supplies or equipment, such as syringes, strips, etc.
7. Phone numbers for your child's health care provider, including after-hours numbers.

### Create an action plan

- If your child has a health condition that may make him or her more likely to have complications from the flu, you should work with your child's health care provider to create an action plan for flu season.
- Share this plan with your child's teacher and/or other caregivers.
- The action plan should include:
  1. Any changes or adjustments to existing care plans.
  2. Getting your child vaccinated for both the 2009 H1N1 and seasonal flu.
  3. Using anti-viral medications, if



### Protect your child from the flu

- Consider staying away from public gatherings when there are a lot of people in your community with the flu.
- Make sure everyone in the household uses good hygiene practices:
  - Wash hands for 20 seconds with soap and water or an alcohol-based hand rub. Do this especially after coughing or sneezing.
  - Cough and sneeze into a tissue, the crook of an elbow or a shoulder. Then throw the tissue in the garbage and wash your hands.
  - Keep hands and fingers away from the nose, eyes or mouth.



## Keep the environment clean

- Clean surfaces and objects your child touches often with the cleaning product you normally use.



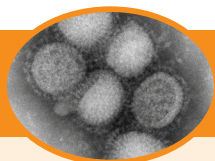
## Watch for signs that your child may need immediate medical attention

- If your child has difficulty breathing, appears limp or lifeless or is worsening rapidly, call 911.
- Additional warning signs that your child



needs urgent medical attention include:

- Fast breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Pain or pressure in the abdomen or chest
- Sudden dizziness
- Confusion
- Flu-like symptoms improve, but then return with fever and a worse cough.



# For more information

**Oregon Public Health Division**  
[www.flu.oregon.gov](http://www.flu.oregon.gov)

**Oregon Public Health Hotline**  
**1-800-978-3040**

**Oregon county health departments**  
[www.oregon.gov/DHS/ph/lhd/lhd.shtml](http://www.oregon.gov/DHS/ph/lhd/lhd.shtml)



**Federal pandemic H1N1 flu information**  
[www.flu.gov](http://www.flu.gov)

**World Health Organization**  
[www.who.int](http://www.who.int)

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