

Information on SWINE FLU available at:
<http://www.cdc.gov/swineflu/>

Common symptoms include: fever, sometimes reaching high temperatures to 104 or 105, runny nose or congestion, headache, sore throat and generalized malaise or body aches. Currently Texas is experiencing widespread influenza with all currently reported being the novel H1N1 strain or "swine flu" strain. Please read about treating flu at home on the Texas Dept of State Health Services website: http://www.dshs.state.tx.us/txflu/stay_home_safely.shtm

Treating fever from the flu can be difficult, we recommend you dose Tylenol or Motrin by weight. Know that Tylenol or Motrin can take 1-2 hours to drop the temperature. You should only expect a decrease in 1-2 degrees of temperature. In the meantime we suggest a warm bath (with NO SHIVERING) or a cool compress to the forehead. As always frequent small sips of liquid or popsicles are recommended as dehydration from the fever can become a problem. [FEVER GUIDE](#)

Testing for flu may only pick up 50% of actual flu infections, so we recommend you to stay home and treat the flu like symptoms as if they are the flu virus. The CDC recommends you stay home for 7 days or until all symptoms are resolved and you are fever free x 24 hours.

ANTIVIRAL MEDICATION indications have changed according to CDC and indicated for:

- **hospitalized patients**
- **children <5 years and adults >65 years**
- **pregnant women**
- **those with chronic disease (asthma, diabetes, etc) or on chronic aspirin therapy**

Please read the article from US News and World Report that summarizes these recommendations from the Centers for Disease Control -

<http://health.usnews.com/articles/health/healthday/2009/09/08/antiviral-drugs-should-be-used-cautiously-to.html>

If your child appears ill, has fever that has returned after a break in fever, or has worsening symptoms please call for an appointment.