



Pat Quinn, Governor
Damon T. Arnold, M.D., M.P.H., Director

122 S. Michigan Ave., Suite 7000 • Chicago, IL 60603-6119 • www.idph.state.il.us

Information for Parents: Recognizing That A Child May Have Serious Illness due to Influenza

Most illness due to influenza is mild. However, it is important to watch carefully for the signs and symptoms of flu or unusual behavior that may be a sign your child is developing severe illness that needs urgent medical attention. These warning signs include:

- Fast breathing or trouble 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 chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough

If your child has these warning signs, you should obtain urgent medical attention for your child. These warning signs can also occur with illness due to causes other than influenza.

Keep up to date on national and state information and guidance, at <http://www.cdc.gov/h1n1flu/parents/> and www.ready.illinois.gov