

# Influenza Action Plan for High-Risk Children

**Parents – Please take this home and work with your health-care provider to set up a plan.**

Some children are at higher risk of suffering from the complications of influenza infection. These include children with asthma, diabetes, heart disease, obesity, neuro-developmental conditions or other serious medical conditions. All children younger than five years of age are also at higher risk of complications resulting from influenza infection.

If your child has any of the above health conditions, work with his or her health-care provider to set up an action plan for this flu season. Share the plan with your child's teacher and other caregivers. The plan should include:

- Changes or adjustments to existing care plans.
- Plans for your child to be vaccinated for both the 2009 H1N1 and seasonal flu.
- Use of antiviral medications, if prescribed by your child's health-care provider.
- Information about when and where to go if your child becomes ill.
- A list of all medications your child is taking and the times of day they are taken.
- Phone numbers for your child's health-care provider, including after-hours numbers.

In addition to having an action plan, there are other steps you can take to help protect your high-risk child.

- Consider staying away from public gatherings where you may be in contact with ill people.
- Ensure that everyone in the household practices good hygiene. Wash hands often, especially after coughing or sneezing.
- Keep hands from touching the nose, eyes or mouth.
- Cough or sneeze into your elbow or a tissue. Discard used tissues into the garbage immediately after use.
- Clean surfaces and objects (such as toys) that your child touches. Clean at least twice daily with usual household cleaners.

Severity Indicators
If you or your child develops the following symptoms, see a health-care provider immediately: <ul style="list-style-type: none"><li>• Shortness of breath, rapid breathing or difficulty breathing</li><li>• Chest pain</li><li>• Bluish or grey skin color</li><li>• Bloody or coloured mucus/spit</li><li>• Sudden dizziness or confusion</li><li>• Severe or persistent vomiting</li><li>• High fever lasting more than three days</li></ul>
Additional Symptoms to Watch For in Children
<ul style="list-style-type: none"><li>• Not drinking enough fluids or drinking</li><li>• Not waking up or interacting</li><li>• Irritability – not wanting to play or be held</li></ul>