



The
Empowered
Patient
Coalition

PEDIATRIC WARNING SIGNS AND SYMPTOMS OF FLU-LIKE ILLNESS

Children experiencing flu-like symptoms should be evaluated or re-evaluated by a physician if any of the below conditions are present:

CHANGES IN BREATHING OR PULSE RATE are important to watch for since vital signs may be relatively normal until right before a crisis. Children's bodies can compensate extremely well and may exhibit stable vital signs but be close to a sudden and dangerous decline in health.

SHORTNESS OF BREATH, even if it is present for a short time and then seems to go away. For children with asthma, look for unusual changes from previous patterns. Watch for wheezing, grunting, rapid and/or shallow breathing.

CHEST PAIN in a child needs urgent evaluation.

HEART PALPITATIONS (sensation that the heart is beating fast, very loudly, or irregularly), even if present for a brief period and then seem to resolve.

HIGH FEVER of above 104° F for children age 3 and older.

CONFUSION or change in alertness or mental status. Examples are children who become lethargic, limp, or delirious.

VERY DARK URINE and/or the inability to hold down liquids can be signs of dehydration, kidney problems, or severe infection.

SEIZURES or LOSS OF CONSCIOUSNESS in a child of any age.

SIGNS OF SECONDARY OR WORSENING INFECTION as the flu can lead to pneumonia and bloodstream infection (sepsis). Look for cough, fever, shortness of breath, chills, shaking, reduced urine output, and pale skin.

YOUR PARENTAL INTUITION IS TELLING YOU TO SEEK HELP since you are the expert on your child.