

**Families Fighting Flu** is a non-profit, volunteer-based organization established in 2004 that is made up of families and health care practitioners. We are dedicated to educating people about the severity of influenza and the importance of vaccinating children against the flu every year. Through education and advocacy, we hope to improve the rates of childhood flu vaccinations and help reduce the number of childhood illnesses and deaths caused by the flu each year. Visit our website for more information, [www.familiesfightingflu.org](http://www.familiesfightingflu.org).



## Emergency warning signs of the flu in children

If your child becomes sick with the flu, his or her condition can easily deteriorate in a matter of hours. Keep an eye out for any of the following **critical symptoms**, as it could be a sign that he or she may be ill.

- High and prolonged fever (102 degree or above for more than 72 hours)
- Changes in mental condition, such as not waking up or not interacting; being so moody that the child does not want to be held; or seizures
- Bluish or gray skin color
- Drop in body temperature (hypothermia)
- Difficulty breathing
- Not able to take in the usual amount of fluids
- Flu-like symptoms improve but then return with fever or worse cough
- Worsening of underlying medical conditions (for example, heart or lung disease, diabetes)

If your child presents any of these symptoms, please seek medical attention right away.

