

Advice for Parents on Influenza A (H1N1)

When should I suspect my child has Influenza A (H1N1)

The symptoms of Influenza A (H1N1) in children include fever with respiratory symptoms like mild nasal congestion and cough. Older children may complain of headache, sore throat, and muscle aches. This is called “**Influenza Like Illness**” (ILI).

What should parents do if their child has flu-like symptoms?

The action to take/response will depend on the condition of your child, see table below:

Condition of Child	Action to take	Home quarantine with danger signs advice	Admission	Throat swab for H1N1	Medication with Tamiflu
Your child has mild influenza symptoms	Stay at home and watch for danger signs (see below)	✓	X	X	X
Your child has mild influenza symptoms but has a chronic medical condition like cardiac disease, asthma, diabetes, cerebral palsy, impaired immunity or on chemotherapy, malnourished or obese	Come to hospital (Casualty/A&E/Private doctor) and get medication but no testing required	✓	X	X	✓
Your child has mild influenza symptoms and looks unwell e.g. lethargic, irritable, fast breathing, vomiting and inattentive to the environment (presence of danger signs).	Come to hospital (Casualty/A&E) for admission, testing and medication	X	✓	✓	✓

Danger Signs (to come to the Casualty/A&E if your child has these signs):

1. Lethargy, drowsy, irritability or change in behaviour (less active than usual)
2. Not drinking well, persistent vomiting, not urinating as much as usual
3. Trouble breathing or fast breathing
4. Fits
5. Bluish or gray skin color
6. Persistent fever > 3 days

Parents are advised to separate children who are ill from those who are well at home (not to sleep in the same room). One parent should sleep with sick child and the other children stay in another room. This is to reduce viral load to the other children.

Source: Based on MOH guidelines, Management Guideline for Influenza A-H1N1 for Paediatric Patients & AAP Guidelines July/August 2009