

What you can do about the stomach flu

Prevention tips

Wash your child's hands with warm, soapy water.

Disinfect phones, doorknobs, and toys regularly.

Throw away all used tissues immediately.

Provide nutritious foods to your child.

KEEP THESE ITEMS ON HAND

- Acetaminophen or ibuprofen
- Hand sanitizer
- Thermometers
- Pedialyte® (Use under medical supervision)
- Your pediatrician's phone number and other emergency contact numbers

If the stomach flu hits despite your best efforts...

Keep your child hydrated with Pedialyte®.

Monitor your child for signs of dehydration, such as:

- Dry diapers
- Lack of tears while crying
- Sunken eyes
- Dry lips and mouth
- Dark or concentrated urine
- Extreme fussiness or sleeplessness

Check for fever, which can also lead to dehydration.

Give acetaminophen or ibuprofen for aches and pains (check with your doctor first).

Encourage bed rest, but have lots of books handy so your child won't be bored when she's awake.

Dress your child in layers so you can add and remove layers during bouts of chills and fever.

Get more tips on flu prevention and care at the Centers for Disease Prevention and Control website, cdc.gov.

Learn more at Pedialyte.com.

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