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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

The Flu

The influenza virus, also known as the "flu" is a highly contagious respiratory virus. Symptoms of the flu include high fevers, headaches, extreme tiredness, dry cough, muscle aches, stomach aches, sore throats and generally just feeling horrible. Symptoms typically last from five to seven days, but can be longer. The flu virus is spread by coughing and sneezing, and people are contagious from a day before they feel sick to up to several days after feeling better. We are in the middle of flu season here in Maine. The best way to treat the flu is to avoid getting it - either through vaccination or by using good and constant hand washing technique! Unfortunately, there is no good treatment for the flu this year. Children who get the flu should stay home from school until 48 hours after their fevers break. Call your pediatrician if you suspect your child has the flu.

P.S. While the flu vaccine does not totally protect a child from getting the flu, children who have been vaccinated are typically sick for only a few days as opposed to a week or more! MIDCOAST PEDIATRICS provides the best medical care for infants, children and adolescents. We are committed to providing the best in preventative and acute care to our community. Our physicians keep abreast of the most current literature and therapies in pediatrics. For more information, call 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

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