

Plan Logo

Variable Information

Antibiotics and
your child's health

Bugs That Don't Need Drugs: All About Viral Infections



What is a viral infection?

Colds and the flu are kinds of viral infections (viruses). **As with all viruses, antibiotics cannot help a cold or the flu.** Ask your doctor for different medicines you can give your child and other ways to treat symptoms at home.

What are the symptoms?

Common symptoms of a cold or the flu are a runny or stuffy nose, cough, headache, fever, feeling weak or tired, aching muscles, or watery eyes. The flu comes on more quickly than a cold and is usually more severe.

How do you get a cold or the flu?

When people who are sick cough or sneeze, they release viruses into the air. Viruses can be passed easily when children breathe them in or touch virus-covered surfaces.

Preventing a cold or the flu

- Feed your children healthy foods
- Give them plenty of water to drink
- Make sure they get plenty of sleep

Stopping the spread of germs

Children can pass the flu to others one day before they start having symptoms and up to 5 days after they begin feeling sick. It is not always easy to keep your children away from someone who is sick, so:

- Make sure your children's hands are washed often – especially after blowing their noses
- Wash your children's toys before and after sharing them with others
- Teach your children to cover their mouths and noses (using a tissue is best) when sneezing and coughing
- Don't let your children share personal items such as cups, glasses, forks, spoons, or toothbrushes

Vaccines

There is no medicine to prevent a cold. **Ask your doctor about getting a flu shot for your child if your child is between 6 months and 59 months of age or lives in a household with people who have certain long-term illnesses. Because the flu virus changes from year to year, it is important for children at risk to get a flu shot each fall.**

E S I C R E X E S Y
 T U F V A O T D L H
 V I T A M I N S E T
 B S I E U A C E E L
 F G U R H P X U P A
 Z A F H R Q A S O E
 H Y S D I J L S V H
 W A T E R W E I B X
 W N O I T I R T U N

Find these healthy words in the scramble*:

Exercise
Fruit
Health
Water
Nutrition
Relax
Sleep
Tissues
Vitamins
Wash hands

*Words can be found forwards, backwards, up, down, and diagonally.

Knock, knock.

Knock, knock.
 Who's there?
Hutch.
 Hutch who?
Bless you!

Knock, knock.
 Who's there?
Anita.
 Anita who?
Anita tissue!

Knock, knock.
 Who's there?
Stan.
 Stan who?
Stan back—
I have to sneeze!

My bug needs no drug

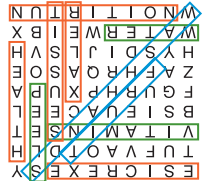


Why was the nose tired?

Answer: Because it kept running!

It's important to always follow your doctor's instructions. The health information on this sheet is not a substitute for medical care. If you have any questions after reading this sheet, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Answers: