



Cold and Flu Season: Tips for Parents



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Woodland Clinic

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Protecting your kids

The colder months (October to March) bring the cold and flu season. This season has arrived along with the return to school and activities, which means we're more vulnerable to respiratory infections. Here are some common viruses you should know about this season:

- Influenza A
- Parainfluenza
- Rhinovirus/Enterovirus
- Human metapneumovirus (HMPV)
- COVID-19
- Respiratory Syncytial Virus (RSV)

What to know about respiratory viruses

Respiratory viruses spread through droplets from coughing, sneezing, or touching contaminated surfaces. Watch for these symptoms: fever, cough, sore throat, and more. If your child is sick, keep them home until they feel better to avoid spreading the virus to others.

Protecting your child

Teach your kids to:

- Cover coughs and sneezes
- Wash hands often
- Clean frequently-touched surfaces
- Avoid sick people
- Get the annual flu vaccine and stay up to date on other vaccinations

Vaccinations

Infants and toddlers have developing immune systems, making them more susceptible to serious illnesses like the flu. Vaccinating them early helps build their immunity and safeguards them from severe complications. Every year, infants and toddlers become seriously ill due to flu-related complications. Infants can start receiving the flu vaccine at six months old. By getting flu vaccines before the age of 2, you significantly lower their risk of experiencing illness.

To schedule an appointment, please call **(530) 668-2600** or visit **dhmf.org/woodlandclinic**.



FAQ's

What to do if your child gets sick

- Keep them home until they're better
- Ensure plenty of rest and fluids
- Use acetaminophen or ibuprofen for pain and fever
- Try saline spray and suction
- Use a cool mist humidifier
- Test for COVID-19 if needed
- Avoid over-the-counter cough medicine
- Remember, antibiotics don't work on viruses

Returning to school after illness

Only go back when:

- Fever-free for 24 hours
- Symptoms are much improved

When to call your pediatrician

- Under three months, call at the first sign of illness
- Older than three months, call if they have ear or severe throat pain, nasal congestion for over 10-14 days, or fever lasting 5 days or longer (100.4°F or higher)

Emergency room signs

Go to the ER if your child has:

- Fast or difficult breathing
- Bluish lips or face
- Severe chest pain
- Dehydration or seizures
- Fever over 104°F or other concerning symptoms

Consult your child's doctor for any severe or concerning symptoms not listed here.



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