

Parents Guide

Useful numbers!

Here are useful numbers you might need you might need in case you do come down with flu, so you have all the details you need in one easy to find place!

NHS Direct: Tel 0845 4647
National Pandemic Flu Service: Tel 0800 1 513 100 or
 textphone 0800 1 513 200

Your GP surgery

Name:	Telephone:
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Your flu friend

Name:	Telephone:
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Your child's school

Name:	Telephone:
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Your work

Name:	Telephone:
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Being a parent there is always something to be worried about. This flu guide will help take some of the stress out of flu. Here are our top tips, to help you:

- **Prepare** for the flu season.
- **Prevent** you and your family from catching the flu.
- **Relieve** the symptoms should you or your child come down with the flu.

Call your GP immediately if your child has any of the following symptoms **and** a temperature of 38°C or above or feels hot:

- Loss of appetite.
- Tiredness.
- Headache.
- Runny nose and sneezing.
- Sore throat.
- Shortness of breath.
- Vomiting and diarrhoea.
- Aching muscles, limb and joint pain.

When it comes to flu, parents are most concerned about the health of their young children†

Under ones should always be seen by a GP. Please seek advice if a child any age is not getting better after 4-5 days.

† Opinions Matter Survey, August 2009.

For more information on flu visit:

www.FLUandYOU.co.uk

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Strepsils



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Prepare

There are lots of simple steps that you can take to make sure that you and your family are prepared for the flu season:

- Consider getting a thermometer so you can check your child's temperature (ear thermometers are especially good for wriggly children).
- Ensure you know where your nearest pharmacy or supermarket is, so you can get over the counter treatments such as Nurofen for Children Singles (from 3 months, contains ibuprofen) or Strepsils Original lozenges (from 6 years), for a sore throat, if your child does get ill. If *you* get ill there is Lemsip Max All in One Lemon to relieve all your major flu symptoms.
- Check the expiry dates on any medicines that you already have at home to make sure they are safe to use.
- Make sure you have a good supply of tissues – including pocket ones for when you are out and about!
- Keep a hand sanitizer with you so you are able to clean their little hands straight away.

Prevent

As a parent you know how important it is to keep your children safe from germs whilst still allowing them the freedom to play and explore.

Check out our tips below for how to engage them in good hygiene practice in the home to help prevent the spread of flu:

- Make hand washing fun – put up a chart and reward your children with stickers. Once they have collected 10 stickers reward them with a treat.
- Involve your child in household chores – explain to them why it is so important to keep surfaces clean and give them small tasks to complete.
- Give your child some antibacterial hand cleaner such as Dettol Healthy Touch Antibacterial Hand Foam to take to school with them, along with plenty of clean tissues.
- Keep handy disposable disinfectant wipes with you and explain why they are important to use to your children.

Only 14% of parents say they have sufficient over-the-counter medicines for flu†

Relieve

If your child or family member does get the flu, here are some tips which might help relieve the symptoms:

- Encourage your child to always use a new and clean tissue to cover your nose and mouth when coughing or sneezing.
- Put all used tissues in the bin immediately and wash your hands thoroughly or use a hand sanitizer such as Dettol Healthy Touch Antibacterial Hand Foam.
- Get some over the counter remedies such as Nurofen for Children Singles (from 3 months, contains ibuprofen) to lower a fever or Strepsils Original Lozenges (from 6 years) to sooth a sore throat.
- Borrowing DVDs from friends or the library is a good way to keep your child entertained while they rest.
- Make sure you have ice and flannels at home to help ease the heat felt from fever.
- Stock up on refreshing soft drinks to keep them hydrated.
- If your child is at a school or nursery, make sure you have their contact details so you can let them know your child is ill.
- If your child is sick and you need to stay at home to take care of them, make sure you have the contact details for the correct person to tell at your work.

34% of parents now encourage their children to wash their hands more frequently to prevent risk of catching flu†

24% of parents are more concerned about the children going back to school or university†

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† Opinions Matter Survey, August 2009. Nurofen for Children, Lemsip Max All In One and Strepsils are medicines. Always read the label.

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