



# Seasonal Flu: It's Symptoms and When to call Pediatrician

**Seasonal Flu** is a common respiratory infection caused by human seasonal influenza viruses. It is different from avian influenza. Avian influenza is caused by the influenza viruses that normally affect birds and poultry, such as chickens or ducks. These AI virus does not commonly infect human, there is little immunity power against them in the human population. People generally become infected with avian influenza through direct contact with infected birds and poultry (live or dead), their droppings, or contaminated environments. The seasonal flu (influenza) can cause serious illness. Certain groups of people do have a higher risk of developing serious health conditions from the flu, especially children. Flu is most common during the winter months. Peak levels usually occur between late December and early March. You can actually avoid the seasonal flu by getting vaccinated your child every year.

## Symptoms

- a. sudden fever,
- b. chills and shakes,
- c. headache,
- d. muscle aches,
- e. extreme fatigue,
- f. dry cough,
- g. sore throat, and
- h. loss of appetite.



## How to know if my child has influenza?

Children with the flu may have the same symptoms as adults, but there can be differences:

- a. Newborn babies may have a high fever.
- b. Young children usually have temperatures over 39.5°C and may have fever fit.
- c. Upset stomach pain, vomiting, and diarrhea are common in younger children.
- d. Earaches and red eyes
- e. In some cases, muscle inflammation can lead to severe leg or back pain.

## What should I do if my child has influenza?

- a. Keep your child as comfortable as possible.
- b. dress them in lightweight clothing.
- c. Gargling with warm water will soothe a sore throat.

## When should I call my doctor?

Contact your child specialist, if

- a. your baby is having a breathing problem
- b. high fever for a couple of days.
- c. breathing rapidly.
- d. chest pain
- e. coughing badly
- f. vomiting.

## Importance of Flu vaccine

The yearly flu (influenza) vaccine is needed for all children 6 months and older. Influenza is a respiratory infection that can cause severe complications, particularly in young children. The flu vaccine is the best way to prevent the flu and its complications. The flu vaccine significantly reduces the risk.

The flu vaccine is very important this season. The flu and the coronavirus disease (COVID-19) show almost common symptoms. The flu vaccine reduces the severity of flu illness and you can avoid hospitalization due to this precautionary vaccine.

There are two types of flu vaccines. One is a flu shot and the other is nasal spray flu vaccine. Depending on your child's age and health, you should choose between the flu shot and the nasal spray flu vaccine.

If you are anxious about your child's development then you can connect with **Dr. Sovana Hoque**, [best pediatrician in Kolkata](#), at Child and Wellness Care.