



Dear Parents/Guardians,

Re: Swine flu (H1N1) information for parents/guardians of children who attend Our Lady's Children's Hospital, Crumlin.

The safety of our patients and their families is our top priority. We are taking a number of steps to protect all of our patients and families, including the use of important infection control precautions. This includes isolation of any potentially infected patient, and use of appropriate personal protective equipment like gowns, masks and eye guards.

The symptoms of swine flu in children/people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some children/adults have reported diarrhoea and vomiting associated with swine flu.

Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

When to Seek Care

You should use the same judgment about seeking medical care that you would during a typical flu season - do not seek medical care if your child is not ill or if symptoms are mild.

If your child has a fever and respiratory symptoms, including cough, sore throat, runny nose or nasal congestion, **please contact their doctor for guidance before coming to the hospital.**

Please seek emergency assistance if your child experiences any of the following:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and worse cough
- Fever with a rash

Precautionary measures to prevent the spread of swine flu include:

- Wash your hands often with soap and warm water. Alcohol-based hand cleansers are also effective.
- Avoid people who are ill.
- Stay home from work or school if you are sick.
- Avoid hospital setting should you as the main caregiver become unwell
- Use tissue when you cough or sneeze and dispose of the tissue in a covered bin.
- Keep hands away from your face. Avoid touching your eyes, nose or mouth.
- Refrain from sharing personal items such as forks, spoons, toothbrushes and towels.

More resources about H1N1 flu (Swine Flu):

www.hse.ie