

A B C D E F G H Children's Health

What To Do When Your Child Has The Flu...

(NAPSA)—Flu season is here and health officials are concerned that the infection may reach heightened levels this winter. Every year, as many as 40 percent of children will become infected with influenza, leaving parents wondering what to do if their children become ill and, perhaps most importantly, how to prevent the disease from infecting the entire family.

About Flu

Influenza is a contagious disease caused by a virus that attacks the respiratory tract and has a variety of symptoms, including muscle aches, fever, headache and sore throat. Because children can pass around the flu for more than a week, it is vital that the virus be diagnosed quickly. Healthcare professionals recommend that a child see his pediatrician for testing and treatment at the onset of symptoms.

Many parents will press their pediatricians for antibiotics, but it is important to remember that, although tens of millions of antibiotics are prescribed every year, antibiotics are powerless against viral infections. In fact, the overuse of antibiotics in children can result in harm by increasing the child's risk of developing antibiotic resistance—a growing concern among pediatricians.

Risk of Antibiotic Resistance

According to Dr. Kathryn Edwards, professor of pediatrics at Vanderbilt University and an expert in pediatric infectious disease, "When faced with a child with a high fever, the physician is often tempted to treat with antibiotics to cover the possibility



of a bacterial infection. This leads to the overuse of antibiotics and the subsequent development of resistance to antibiotics. If the doctor has an effective way to determine the cause of the fever at the bedside, unnecessary antibiotic use will be reduced. The rapid flu test performed at the bedside can provide just the answers that are needed to make informed decisions."

Rapid Flu Testing

One test that has gained widespread popularity among physicians is the QuickVue® Influenza test, a fast and painless test that can test for the presence of the influenza virus. The test is simple, requiring either a nasal swab or nasal wash and can provide results in 10 minutes or less.

Once flu is detected, physicians can prescribe antiviral drugs—a more appropriate treatment option in place of antibiotics. Furthermore, parents get peace of mind knowing that their children are receiving the most appropriate treatment option available. For more information, visit www.flutest.com or ask your physician about flu testing.