

Symptoms and Treatment

Any person with a health condition that increases their risk for complications if they become sick with flu should get prompt medical attention if they have flu symptoms. If your child with a neurologic condition develops fever or flu symptoms, call your doctor or take them to the doctor right away. CDC recommends that doctors treat flu illness promptly in high risk people who have underlying medical conditions with [flu antiviral drugs](#).

Symptoms

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with flu and have respiratory symptoms without a fever.

Treatment

- Treatment should begin as soon as possible because antiviral drug treatment works best when started early (within 48 hours after symptoms start).
- For you or your child to get an antiviral drug, a doctor needs to write a prescription. These medicines fight against flu by keeping flu viruses from making more viruses in your body.
- Antiviral drugs can make your flu illness milder and make you feel better faster. They may also prevent serious health problems that can result from flu illness.
- There are three FDA-approved influenza antiviral drugs recommended by CDC this season that can be used to treat flu.
- Keep your child at home, except for doctor visits, for at least 24 hours after their fever is gone without the use of fever-reducing medicines.
- Make sure your child gets plenty of rest and clear fluids (water, broth, sports drinks, etc.). Your health care provider may also recommend fever-reducing medicines* based on your child's age.

Learn more about the use of [influenza antiviral drugs in children](#) with neurologic conditions and other [medicines for children when treating influenza](#).

**Children younger than 4 years of age should not be given over-the-counter medicines without approval from a health care provider. Also aspirin should not be given to any child younger than 18 years old who has flu.*