

Five Signs Your Child With the H1N1 Virus (Swine Flu) Might Need to go to the Emergency Room

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Parents across the country are on high alert for the H1N1 virus, also called the swine flu. With stories of deaths from the disease on the news every night, it can be easy for parents to become alarmed. But the advice about what to do if your child has the H1N1 virus can be confusing. A recent article outlined the five warning signs of an H1N1 infection that is worsening to the point that medical attention is required. If a child shows these warning signs, they should be taken to the emergency room immediately.

Fast or troubled breathing: Normal breathing for a child is very smooth. Look for ragged or difficult breathing. This can be a sign that the lungs have become involved.

Numb or blue fingers or toes: This can be a sign that the heart has been affected and is not working properly.

Can't touch chin to chest: This can be a sign that he or she has developed meningitis.

Symptoms improve and then return: This can be a sign of a secondary, more serious, infection.

A fever with a rash: According to the CDC this is an important warning sign to watch out for.

But even if none of these symptoms are present, the most telling sign is your instinct as a parent; if your child seems very ill or is just not acting the same, that can also be an important sign that they need immediate medical attention. Read more about the H1N1 symptoms to look out for, read the full article at [Flu Test Wrong, Girl Almost Dies.](#)