Cannizzaro Integrative Pediatric Center

# Flu Prevention and Treatment

**Immune-Boosting Formula for Flu Prevention**

1. High-dose vitamin D: 1000 IU for infants, 2000 IU for toddlers, 3000 IU for school age, 4000 IU per day for middle school and above
2. Elderberry syrup from health food store - one daily; dose on bottle based on age
3. Diffused Oils: On Guard or Thieves is great and add Oregano and Tea Tree also
4. If any other eating or stomach aches, diffuse cinnamon and ginger together
5. High-dose Vitamin C foods, homemade broths and very low to no wheat and dairy
6. Of course, hygiene measures of frequent hand washing, separation from those just beginning to have symptoms: especially fatigue, fever and/or sniffles
7. Ortho Molecular Viracid OR Oscillococcinum (available at CVS or Walgreens)

If flu, expect fever for up to 4-5 days. Fatigue, poor appetite and cough for up to two weeks.
If wheezing, shortness of breath, prolonged fever or other concerns, call or come visit.

**Brief Version Treatment for Serious Otitis and Acute Upper Respiratory Infection**

- Maintain hydration, over-the-counter nasal saline as needed for congestion, cool mist humidifier
- Over-the-counter fever reducer/pain reliever, as needed for irritability/fever
- Call if febrile > 48 hours, new symptoms develop, patient not taking liquids, symptoms worsen
- To ER: lethargy, labored breathing, extreme irritability

**Garlic/Willow ear oil:** warm and place in ears 5 times on the first day, then 3 times a day for 2 more days. Can make yourself with olive oil that you cook with and fresh garlic juice. It is very important to warm and get up against the inner ear membrane which means having the child lie on his side, pulling slightly up and back on the upper ear near the hole, and filling the canal until the oil pools at the opening of the ear canal at the top!

**Aromatherapy** with respiratory blend, tea tree, oregano oil and lavender in a diffuser

**Nose Frida:** the "snotsucker," if tolerated

**Warm compress for sinus pressure and congestion:** Microwave a moist towel. Place the towel in a bag. Wrap with a very thin towel over bag. Place over sinuses until heat dissipates. Repeat as needed.

**Vitamin C:** Some studies show adult dose of 1g/day will decrease the frequency of upper respiratory infection. Some studies showed no difference from placebo. The good thing is that it is very safe and an excellent antioxidant, so it cannot hurt to take (for infants less than 9 months, Mom to take Vitamin C).

**Honey:** one teaspoon to coat back of throat at night if older than age one