

Worried about **H1N1 SWINE FLU**? What you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4) plus cough or sore throat	Stay home until you've felt completely well for a day. Don't go to a hospital.
* High Risk	Fever (100.4) plus cough or sore throat	Call your doctor to discuss whether you need medicine for flu. Don't go to a hospital.
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	Get to a hospital right away. If you call 911, say you may have severe influenza.

*** PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:**

Babies under 2 | Seniors | Pregnant women | People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys | People with weakened immune systems | People under 18 on long-term aspirin therapy

DO YOU HAVE A FEVER? A reading of 100.4 or higher is a fever.

H1N1 Flu: What You Need to Know

What is H1N1 flu?

H1N1 flu (“swine flu”) is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

How can I protect myself and others from H1N1 flu?

- Don’t get too close to people who are sick. If you get sick yourself, avoid close contact with other people.
- Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.

What should I do if I develop flu-like symptoms, such as fever and cough?

- Stay home from school or work until 24 hours after your symptoms go away.
- If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone.
- You *don’t* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

When do I need medicine for the flu?

Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes.

- If you belong to one of these groups and you get come down with symptoms of flu, call your health care provider right away to get a prescription.

When should I go to the emergency room or hospital?

You *don’t* need to go the hospital or emergency room unless you have severe symptoms. Severe symptoms include:

- Trouble breathing or shortness of breath (rapid breathing in children)
- Pain or pressure in the chest or stomach
- Bluish skin color
- Dizziness or confusion
- Increasing fever
- Vomiting that won’t stop