

H1N1 (Swine Flu)

Taking Care of Yourself and Your Family



The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. At this time the symptoms seem to be no more serious than the annual seasonal flu.

If you or a family member has these symptoms, here are some simple steps to follow:

- It is not necessary to be tested for the virus in most cases.
- Contact your health care provider by phone especially if you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Ask your health care provider about medications that may help relieve the symptoms of the flu.
- Stay home and away from others until at least 24 hours after you are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.
- Get plenty of rest.
- Drink clear fluids (e.g. water, sports drinks, electrolyte beverages for infants) to prevent dehydration.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others – do not go to work or school while ill.
- Be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention.

If you become ill and experience any of the following warning signs, call your medical provider immediately or seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more information consult your healthcare provider, or visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/h1n1flu/guidance_homecare.htm