

# Worried about H1N1 SWINE FLU?

What you should do.

IF YOU ARE	AND IF YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4) plus cough or sore throat	<u>Stay home</u> and call your doctor.
* High Risk	Fever (100.4) plus cough or sore throat	<u>Call your doctor</u> to discuss whether you need medicine for flu.
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	<u>Get to a hospital</u> 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.



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## **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 there is no longer a fever or signs of a fever.
- 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 at your with other long-term health problems, such as asthma or diabetes.
- If you belong to one of these groups and you come down with symptoms of flu, call your health care provider right away to get a prescription.

### **Should I send my children to school?**

- If your child is sick the CDC recommends that they should stay home until 24 hours after they are free of fever, or signs of fever, without the use of fever-reducing medications. Healthy children should attend school.

**For more information:** Visit [www.dadehealth.org](http://www.dadehealth.org)



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