



# Worried about H1N1 FLU?

## What you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk *	Fever of 100° F or higher and cough or sore throat	<b>Stay home</b> until your fever has been gone for 24 hours without the use of fever-reducing Medication (such as Tylenol or Ibuprofen).
High Risk *	 Fever of 100° F or higher plus cough or sore throat	 <b>Call your doctor</b> to discuss whether you need treatment for flu. Don't go to a hospital unless you have severe illness. Those without a doctor should call urgent care for advice.
Anybody	Severe illness like difficulty breathing, rapid breathing, blue color to skin, unable to eat or drink	<b>Get to a hospital</b> right away. If you call 911, say you may have severe influenza.

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

Children under 5 | 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



Information is current as of September 22, 2009.  
 Website: [www.flu.oregon.gov](http://www.flu.oregon.gov)



# Seasonal & 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 or your child get sick, stay home and 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 sanitizer.
- If you've been close to someone with flu symptoms check yourself and your child each morning for a fever and any other symptoms of flu-like illness.

## What should I do if I or my child develop flu-like symptoms, such as fever of 100° F or higher and cough?

- Sick people should stay home from school or work until 24 hours after the fever goes away without the help of fever-reducing medication.
- If you are over 65, under 5 years 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.
- You *don't* need to go to an emergency room unless you have severe symptoms.
- People under age 19 with flu symptoms **should not** take aspirin

## When do I need medicine for the flu?

Most people get well without medication. Some people are more likely to get severely ill with the flu, including everyone over 65, under 5 years or pregnant, and anyone with other long-term health problems, such as asthma, diabetes, or a weak immune system.

- 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 discuss what you should do.

## 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

## How long should I stay home from work or school?

- After having the flu stay home at least 24 hours after fever goes away without the help of fever-reducing medicines (such as Tylenol or Ibuprofen).