

# Worried about H1N1 FLU? Here's what you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk	 Fever (100.4°) plus cough or sore throat	 <u>Stay home</u> and call your doctor.
*At higher risk of flu complications	 Fever (100.4°) plus cough or sore throat	 <u>Call your doctor</u> to talk about whether you need medicine for the flu.
Anybody with severe illness like <u>difficulty breathing</u>	 Fever (100.4°) plus cough or sore throat	 <u>See a doctor</u> right away. If you call 911, say you may have severe flu.

## \*People at higher risk of flu complications are:

- \* Pregnant women
- \* Persons who live with or provide care for children younger than 6 months of age
- \* Healthcare and emergency medical services personnel
- \* All people from 6 months through 24 years of age
- \* Persons aged 25 through 64 years who have medical conditions that put them at higher risk for flu complications (i.e. asthma, diabetes, immunocompromised)

These will also be the groups targeted for vaccine as soon as it arrives



## H1N1 Flu: What You Need to Know

### What is H1N1 flu?

H1N1 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, sudden dizziness, confusion, bluish skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting; flu-like symptoms improve but then return with fever and worse cough

### 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 pregnant women, persons who live with or provide care for children younger than 6 months of age, healthcare and emergency medical services personnel, all people from 6 months through 24 years of age, and persons aged 25 through 64 years who have medical conditions that put them at higher risk for flu complications (for example: asthma, 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, he or she should stay home until 1 day after symptoms go away. Healthy children do not need to miss school unless classes are canceled.

**For more information:** Visit [www.dhhs.ne.gov](http://www.dhhs.ne.gov)

