

# FLU SEASON, WHAT YOU SHOULD KNOW

The seasonal flu and the H1N1 flu have the same symptoms. The difference is that people do not have immunity to the H1N1 virus. Because influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people, there are things we can do to help prevent its spread.

## Take Everyday Actions to Stay Healthy

- **Cover your nose and mouth with a tissue** when you cough or sneeze.
- **Wash your hands often** with soap and water, after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- **Avoid touching your eyes, nose or mouth.** Germs spread that way.

## Flu Symptoms

Fever  
Cough  
Sore Throat  
Runny or Stuffy Nose  
Body Aches  
Headache  
Chills  
Fatigue

Some people have also reported  
diarrhea & vomiting

## What Happens if You Get the Flu?

- **Stay home if you get sick.** We recommend that you stay home from work or school and limit contact with others to keep from infecting them.
  - **People with influenza-like illness should remain at home until at least 24 hours after they are free of fever (100° F), or signs of a fever without the use of fever-reducing medications.**
- **Call your family physician.** The flu is treatable on an outpatient basis.
- **Do not go to the emergency room unless you or your child experience the warning signs listed below.\*\*** You will be spreading flu germs to ER patients and health care workers as well as exposing yourself to illnesses the ER patients may have.
- **Stay well hydrated – drink plenty of fluids like water, broth and sports drinks**
- **Get plenty of rest**
- **Take over-the-counter pain relievers and cold & flu medications recommended by your physician**

## \*\*Emergency Warning Signs That Need Urgent Medical Attention:

### In Children

- 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

- 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

