



2009 H1N1 Flu: Symptoms & Basic Steps

You may have the flu if you have some or all of the following symptoms:

- fever (not everyone with the flu will have a fever)
- cough
- sore throat
- runny or stuff nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

IF YOU THINK YOU HAVE THE FLU

- Stay home and away from other people as much as possible; cover your nose and mouth if you must be around other people (facemask or tissue).
- Unless you are in a high-risk category (a young child, pregnant, have certain underlying health conditions like asthma or diabetes or a weakened immune system, or are 65 years and older), take acetaminophen (Tylenol) or ibuprofen and drink plenty of fluids.
- Stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.
- Most people get better without treatment and don't need to seek medical help. However, if you are in a high-risk category, consult with your health care provider if you get flu symptoms.

Also, anyone with the following emergency warning signs needs urgent medical attention:

CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash

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

