

Seasonal and H1N1 Flu Tips: What to Do If You Get Flu-like Symptoms

The H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC). We encourage you to keep up-to-date by visiting www.cdc.gov. The following information can be used for seasonal flu and H1N1 flu.

SYMPTOMS:

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Chills
- Fatigue

Some people with H1N1 also have

- Diarrhea
- Vomiting



AVOID CONTACT WITH OTHERS

- Unless necessary for medical care, you should stay home and minimize contact with others. Do not go to work or school, or travel.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus.
- Cough or sneeze into your elbow, or use a tissue and then wash your hands.



4800 Ledgewood Drive, Medina, OH 44256

1-888-723-9688

www.medinahealth.org

EMERGENCY WARNING SIGNS

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 that improve but then return with fever or worse cough

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 that improve but then return with fever or worse cough

PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

- Stay informed – www.cdc.gov or www.medicinahealth.org.
- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared—have an emergency preparedness kit and plan at home.
- Get your seasonal flu shot. Contact the Medina County Health Department, Division of Public Health Nursing for more details, or check our website for the latest flu clinic schedule.



4800 Ledgewood Drive, Medina, OH 44256

1-888-723-9688

www.medicinahealth.org

Services partially funded by your local health levy.