

## H1N1 and seasonal Flu: What To Do If you Get Sick

The CDC expects H1N1 flu to cause many illnesses, hospital stays, and deaths in the United States along with seasonal flu. The following information people need to know if they have H1N1.

### What are some of the symptoms?

Fever, cough, sore throat, runny, or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.  
\*Not everyone with flu will have a fever.

### What should I do if I get sick?

If you have flu-like symptoms, **STAY HOME**, avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, those with complications should talk to a health care provider about whether they need to be examined if they get flu symptoms this season.

### They are:

Children younger than 5, but especially under 2 years old, 65 and older, pregnant women

People who have: Cancer, Blood disorders, lung disease, diabetes, Heart disease, Kidney disorders, Liver disorders, Neurological disorders (including nervous system, brain or spinal cord) Neuromuscular disorders (including muscular dystrophy and • multiple sclerosis), weakened immune systems, people with AIDS

Also, it's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider.

**There are emergency warning signs. Anyone who has them should get medical care right away.**

### What are the emergency warning signs?

In 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, or fever with a rash

In adults:

Difficulty breathing or shortness of breath Pain or pressure in the chest or abdomen, sudden dizziness, confusion or severe or persistent vomiting

### Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it

### Are there medicines to treat 2009 H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called "antivirals." These antiviral drugs are used mainly to **treat people who are very sick, people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications**. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

### How long should I stay home if I'm sick?

Stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.

### What should I do while I'm sick?

Stay away from others as much as possible to keep from making OTHERS sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others. More INFO is available on CDC website. <http://www.cdc.gov/h1n1flu/>