

H1N1 and Seasonal Influenza Guidance

When to Seek Medical Care

The novel H1N1 Influenza virus is causing illness in infected persons in the United States and countries around the world. The US Centers for Disease Control and Prevention (CDC) expects that illnesses may continue for some time. As a result, you or people around you may become ill. Use this guide to recognize H1N1 and Seasonal Influenza symptoms and to determine when medical care is appropriate.

ADULTS AND CHILDREN

The person has a fever (temperature of 100°F or higher*) along with these symptoms:

- > Cough
- > Sore throat
- > Body aches
- > Chills
- > Runny or stuffy nose
- > Fatigue
- > Headache
- > Diarrhea and/or vomiting

*It's important to note that not everyone with flu will have a fever.

You may have:

- H1N1 Influenza
- Seasonal Influenza
- Non-Influenza Viral Illness

Stay at home and try to isolate yourself from others.

ADULTS AND CHILDREN AT RISK OF COMPLICATIONS

The person has a fever (temperature of 100°F or higher*) along with influenza like symptoms, and also is at risk of developing complications:

- > Child under 5 years of age
- > Adult 65 years and older
- > Pregnant woman
- > Individual with HIV Infection
- > Individual with a pre-existing medical condition (Asthma, Cancer, Diabetes, Cardiovascular Disease, etc.)

Call your healthcare provider Today to determine if treatment is needed.

ADULTS

In adults, emergency warning signs that need urgent medical attention include:

- > Difficulty breathing and 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 or worse cough

CHILDREN

In children, emergency warning signs that need urgent medical attention include:

- > Fast breathing or trouble breathing
- > Bluish or gray skin color
- > Not drinking enough fluids
- > Severe or persistent vomiting
- > Not waking up or 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

Go to the Emergency Room Immediately (If able, call prior to arriving).

Call 911, If Necessary.

Protect Yourself, Your Family, & Community.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Stay home for at least 24 hours after your fever is gone except to get medical care. Your fever should be gone without the use of fever-reducing medicine.
- Keep away from others as much as possible. This is to keep from making others sick.
- If you are sharing a common space with other household members in your home, wear a facemask, if available and tolerable, to help prevent spreading the virus to others.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- Stay informed.
 - ⇒ www.flu.gov
 - ⇒ www.cdc.gov
 - ⇒ pandemic.wisconsin.gov