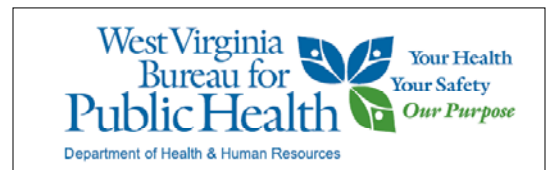


Seasonal and Swine Flu Public Information Sheet



When to Seek Medical Care for Possible Flu, including H1N1 Flu (Swine Flu)*

What is influenza (flu)?

Influenza (also known as the flu) is a respiratory illness caused by flu viruses that can spread easily from person to person. Seasonal flu and H1N1 are both influenza viruses. Influenza can cause mild to severe illness. Symptoms usually are fever and cough or sore throat, and may also include headache, extreme tiredness, runny or stuffy nose, or muscle aches. Nausea, vomiting, and diarrhea are other flu symptoms and are more common in children than adults.

Does everyone who is sick with the flu need to see a health care provider?

Most children and adults who are sick with the flu and are generally in good health will recover without needing to visit a health care provider. Some people may want to call their health care provider for advice about how to care for the flu at home. You can also get home care information from <http://www.cdc.gov/h1n1flu/parents/>.

Who should call or visit a health care provider if they get flu symptoms?

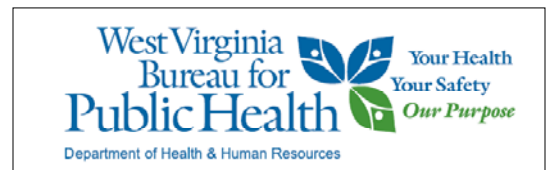
- Children and adults who are at higher risk for severe illness or complications (see list on next page)
- Children and adults with more severe flu symptoms should call their health care provider or go to an urgent care clinic or emergency department if they cannot reach their health care provider.

Whenever possible, **call** your health care provider to get advice before making an appointment or visiting. Please do not go to an emergency department unless you have severe symptoms or you are at increased risk of complications and cannot access a doctor's office or clinic.

I think I have the flu. What should I do?

- If you are sick with the flu, you may be ill for a few days to a week. Please stay home so you can get better and prevent others from getting ill. Drink plenty of fluids and rest as much as possible. Avoid travel. Do not go to work, school or other public places until at least 24 hours after your fever is gone. (Your fever should be gone without the use of fever-reducing medicine.)
- Only go out if you need medical care or other important supplies. If you leave the house to seek medical care, wear a facemask.
- Wash your hands frequently with warm water and soap or use a hand sanitizer.
- Cover your coughs and sneezes with a tissue or the sleeve of your elbow.
- In general, avoid contact with other people as much as possible to keep from spreading your illness, especially those with one of the high-risk chronic conditions listed on the next page.

Seasonal and Swine Flu Public Information Sheet



I think I have the flu. Should I get tested and treated for flu?

Testing and treatment is not needed or recommended for most children and adults who get seasonal or H1N1 (swine) flu. Antiviral treatment (a prescription medicine) is recommended primarily for people with the flu who have severe illness or who are at higher risk for complications.

Who is at increased risk for more severe illness or complications from flu?

- Children younger than 5 years old – particularly children younger than 2 years old
- Adults 65 years of age or older
- Pregnant women
- People with the following medical conditions:
 - chronic diseases of the lung (including asthma), heart (except hypertension), kidney, liver, blood (including sickle cell disease), brain or nervous system, muscles (particularly those that cause difficulty with swallowing), or metabolism (including diabetes mellitus);
 - a weakened immune system, including caused by medications or by HIV; or
 - people 18 years old or younger who are receiving long-term aspirin therapy.

When should I see a medical provider right away?

If you become ill and experience any of the following warning signs, go to an emergency room or urgent care center.

For **children**, emergency warning signs include:

- Fast breathing or trouble breathing
- Bluish or gray skin color (call 911 immediately)
- 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

For **adults**, emergency warning signs include:

- 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

More information:

- State of West Virginia H1N1 (swine) Flu website at www.wvdhhr.org and follow links
- State of West Virginia Pandemic Flu website at www.wvflu.org/
- Centers for Disease Control and Prevention (CDC) H1N1 flu information: <http://www.cdc.gov/h1n1flu/>