



What To Do If You Get Sick: H1N1 and Seasonal Flu

How do I know if I have the flu?

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

- ÉFever (not everyone has fever)
- ÉCough
- ÉSore throat
- ÉRunny or stuffy nose
- ÉBody aches and fatigue
- ÉHeadache
- ÉChills
- ÉSometimes diarrhea and vomiting

What should I do if I get sick?

- ÉIf you get sick, you should stay home and away from other people, except to get medical care.
- ÉMost people with flu have mild illness and do not need medical care.
- ÉSome people are at higher risk for flu complications and should talk to a health care provider:
 - Children less than 5 years old
 - People more than 65 years old
 - Pregnant women
 - People with any chronic health problem

What are emergency warning signs?

- ÉIt is possible for healthy people to develop severe illness from flu.
- ÉEmergency warning signs mean you should get medical care right away.
- ÉEmergency signs in children are:
 - Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking fluids
 - Not waking up
 - Irritable-does not want to be held
 - Symptoms get better and then return with worse fever and cough
 - Fever with a rash

• Emergency signs in adults are:

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

What if I am just a little sick?

- ÉYou probably do not need to go to the emergency room unless you have any of the emergency warning signs.
- ÉIf you are concerned, call your health care provider for advice.
- ÉIf you go to the emergency room and are not sick with the flu, you could catch it from people who do have it.

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

- ÉStay home for at least 24 hours after your fever is gone except to get medical care or other essential needs.
- ÉYour fever should be gone without the use of fever-reducing medicines.

Source: www.cdc.gov/h1n1flu

This fact sheet is for information only and is not meant to be used as a substitute for talking with a health care provider. If you have any questions about the flu, please talk with your provider.

District Health Department #10

Crawford Co 989-348-7800	Kalkaska Co 231-258-8669	Lake Co 231-745-4663
Manistee Co 231-723-3595	Mason Co 231-845-7381	Mecosta Co 231-592-0130
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