

## If you think you have nH1N1 Influenza



- **Stay home.** Health officials recommend that you stay home from work, school, errands, and limit close contact with others to keep from infecting them.
- Stay home until there has been no fever (>100F) for 24 hours, without use of fever reducing medications.
- If you are a healthcare worker or if most of the people in your workplace are at high risk of complications from flu, stay home for 7 days or until your symptoms are gone.
- In most cases nH1N1 flu will resolve without medical attention.

### Tips to get healthy:

- Get plenty of rest
- Take acetaminophen (Tylenol), ibuprofen, (Advil) or other fever reducing medicines as needed.
- **DO NOT give aspirin** or aspirin containing products to children and youth under 18 years old, to avoid Reyes Syndrome, a potentially life-threatening complication.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from becoming dehydrated
- If medications are prescribed, be sure to follow instructions exactly. If you think you are having a reaction to the medication, report it to your health care provider immediately
- **If you are at risk for complications of flu, call your health care provider, report your symptoms, and follow his/her advice.**
- Do not visit your healthcare provider or visit the hospital emergency room for mild symptoms
- **IF SEVERE SYMPTOMS DEVELOP (see boxes), CALL YOUR HEALTH CARE PROVIDER. IF THE HEALTHCARE PROVIDER IS NOT AVAILABLE, GO TO THE EMERGENCY ROOM.**



### Severe Symptoms for Adults:

- Difficulty breathing
- Purple or blue discoloration of the lips
- Vomiting and unable to keep liquids down
- Signs of dehydration such as dizziness when standing, has not urinated in 4 hours
- Seizures
- Loss of consciousness
- Alteration in thinking or behavior

### Severe Symptoms for Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids; or in infants, a lack of tears when they cry
- 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
- Fever with a rash

For more information, please visit [www.HoustonH1N1.org](http://www.HoustonH1N1.org)