

# 2009 H1N1 and Seasonal Flu: What To Do If You Get Sick



This flu season CDC expects 2009 H1N1 flu and seasonal flu to cause illness, hospital stays, and deaths in the U.S. This flyer has information about what to do if you get sick with the flu this season.

## How do I know if I have the flu?

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

- fever (not everyone with flu will have a fever)
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills fatigue
- sometimes diarrhea and vomiting

## What should I do if I get sick?

If you have flu-like symptoms, you should stay home for at least 24 hours after fever is gone (without the use of fever-reducing medicines) and avoid contact with others except to get medical care. Most people with the flu (2009 H1N1 or seasonal) have mild illness and do not require medical care or anti-viral drugs.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined. They are:

- Children younger than 5, especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have: cancer; COPD; diabetes; heart disease; asthma; blood, kidney, liver, neurologic, & neuromuscular disorders; and weakened immune systems

It is possible that a healthy person can also develop severe illness from the flu so anyone concerned about their illness should consult a health care provider.

Get medical care right away if you experience any of these **emergency warning signs**:

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- So irritable that child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

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

Do not go to the emergency room if you are only mildly ill. However, if you experience any of the above warning signs, you should go to the emergency room. If you are mildly ill and fit into a high risk group for flu complications, you should consult your health care provider.

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

Do not go to work or school. Stay away from others as much as possible. Cover your coughs and sneezes with a tissue or at the inner bend of your elbow. And wash your hands often.

For more information, visit [www.health.utah.gov/h1n1flu](http://www.health.utah.gov/h1n1flu) or [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.flu.gov](http://www.flu.gov)