

Flu-like symptoms include:

- ✓ Fever (usually high)
- ✓ Cough
- ✓ Sore throat
- ✓ Headache
- ✓ Runny or stuffy nose
- ✓ Muscle aches
- ✓ Extreme tiredness
- ✓ Vomiting
- ✓ Sometimes diarrhea



If you have these symptoms or think you have the flu, call your healthcare provider and discuss whether you need to be seen.

For more information

Miami-Dade County Health Department
www.dadehealth.org

305-324-2400

Florida Department of Health
www.myflusafety.com

1-877-352-3581

Centers for Disease Control
and Prevention

www.cdc.gov/H1N1flu

1-800-CDC-INFO

Español:

www.cdc.gov/H1N1flu/espanol

Department of Health and
Human Services
www.flu.gov



TAKE 3 Steps to FIGHT the FLU

These actions
will protect
against the
H1N1 Swine Flu
too!




Take 3 steps to protect against the flu

1 Take everyday actions.


Stay home if you are sick and keep sick children at home.

If you are sick with flu-like illness, 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 a fever-reducing medicine). Keep away from others as much as possible to keep from making others sick.




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.



Try to avoid close contact with sick people.



2 Take time to get vaccinated.

A yearly seasonal flu vaccine is an important step in protecting against seasonal flu.

Vaccination is especially important for people at high risk of serious flu complications including:

- Young children
- Pregnant women
- People with chronic health conditions such as asthma, diabetes, heart disease and lung disease
- People 65 years of age and older



Seasonal flu vaccine is also important for health care workers, and other people who live with or care for people at high risk.

A seasonal flu vaccine will not protect you against H1N1 Swine Flu.

A special vaccine against H1N1 Swine Flu is being produced and will be available.

People at greatest risk for H1N1 Swine Flu infection include pregnant women, young people (6 months to 24 years of age) and people with chronic health conditions like asthma, diabetes or heart and lung disease.

3 Take flu antiviral medicine if recommended.

If you get seasonal or H1N1 Swine Flu, a healthcare provider may prescribe antiviral medicines.

Antiviral medicines are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu.

Antiviral medicines may make your illness milder and make you feel better faster. They may also prevent serious flu complications.



Antiviral medicines are not sold over-the-counter and are different from antibiotics.

Antiviral medicines are recommended for people who are very sick or people who are at increased risk of serious flu complications.

For treatment, antiviral medicines work best if started within the first two days of symptoms.