

Worried about 2009 H1N1 INFLUENZA?

What you should do.

IF YOU ARE	AND IF YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4) plus cough or sore throat	<u>Stay home</u> and call your doctor.
* High Risk	Fever (100.4) plus cough or sore throat	<u>Call your doctor</u> to discuss whether you need medicine for flu.
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	<u>Get to a hospital</u> right away. If you call 911, say you may have severe influenza.

*** THOSE AT HIGHER RISK OF 2009 H1N1 INFLUENZA FLU COMPLICATIONS INCLUDE:**

- People over 65 or under 2 years of age
- Pregnant women
- People with chronic lung problems, such as asthma or emphysema
- People with chronic heart, kidney, liver or blood disorders
- People with neurological disorders that can cause breathing problems
- People with diabetes
- People whose immune systems are weakened due to illness or medication
- People under 19 years who are on long-term aspirin therapy



www.dadehealth.org

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DO YOU HAVE A FEVER? A reading of 100.4 or higher is a fever.

2009 H1N1 Influenza: What You Need to Know

What is 2009 H1N1 Influenza?

2009 H1N1 Influenza is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

How can I protect myself and others from 2009 H1N1 Influenza?

- Don't get too close to people who are sick. If you get sick yourself, avoid close contact with other people.
- Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.
- As the H1N1 vaccine becomes available, people in these groups should receive 2009 H1N1 Influenza vaccine in addition to a seasonal flu vaccination:
 - Pregnant women
 - All health care workers
 - Anyone 6 months through 24 years of age
 - Anyone 25 through 64 years of age who has an underlying health condition that increases risk of complications (see page 1)
 - Anyone who lives with or cares for children less than 6 months old

What should I do if I develop flu-like symptoms, such as fever and cough?

- Stay home from school or work until 24 hours of no fever without the use of fever reducing medicines.
- If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone.
- You *don't* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

When do I need medicine for the flu?

Most people recover without medication, but some people are more likely to get severely ill with the flu.

Those at risk for flu complications include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes.

- If you belong to one of these groups and you come down with symptoms of flu, call your health care provider right away for instructions.

Should I send my children to school?

- If your child is sick, he or she should stay home until 24 hours of no fever without the use of fever reducing medicines. Healthy children do not need to miss school unless classes are canceled.

For more information: Visit www.dadehealth.org or www.MyFluSafety.com

Call the toll free Florida Department of Health H1N1 information number: **877-352-3581**.

Information is available in English, Spanish and Creole.



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