

## H1N1 Virus (Swine Flu)

### What are the signs and symptoms of H1N1?

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue (tiredness)
- Vomiting and diarrhea

### What if I think I have H1N1 flu?

- Know that not everyone who has H1N1 flu needs to see a doctor
- Stay at home and rest
- Limit your close contact with others so as not to spread the flu
- Drink 8 glasses of fluids a day
- Get at least 7-8 hours of sleep
- Eat healthy foods
- Call your doctor's office first if you think you have the flu

### When should I call my doctor's office?

- If you are at greater risk for complications, are getting worse, or have a serious illness

#### For Adults:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Vomiting (throwing-up) that does not go away





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## When should I call my doctor's office?

### For Children:

- Fast breathing or trouble breathing
- Skin or lips look blue
- Not drinking or eating for 24 hours
- Not waking up or playing
- Child does not want to be held
- Flu-like symptoms that go away but come back worse and with a fever
- Fever with a rash

## Who is at greater risk for flu complications?

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
  - Cancer
  - Blood disorders (including sickle cell disease)
  - Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
  - Diabetes
  - Heart disease
  - Kidney disorders
  - Liver disorders
  - Neurological disorders (including nervous system, brain or spinal cord)
  - Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
  - Weakened immune systems (including people with AIDS)



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.  
This educational material was developed by a team of experts from throughout ProHealth Care.*

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## **How can I keep from getting and spreading H1N1 flu?**

- **WASH YOUR HANDS**
- Cover your sneezes and coughs with a tissue
- Be as healthy as you can be

## **Can I catch it from other people?**

Yes. The virus can spread from person to person through coughing or sneezing. Sometimes people can get infected by touching something with flu on it and then touching their mouth or nose.

## **Can I get H1N1 flu from eating pork or bacon?**

No. Pork and bacon are safe to eat.

09/28/09 Approved by PHC Infection Control Department

Please call your doctor for any questions or concerns you may have regarding this information.



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