

# Seasonal and H1N1 Flu Tips: What to Do If You Get Flu-like Symptoms

The new H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC).\* We encourage you to keep up-to-date by visiting [www.cdc.gov](http://www.cdc.gov). The following information can be used for seasonal flu and H1N1 flu.

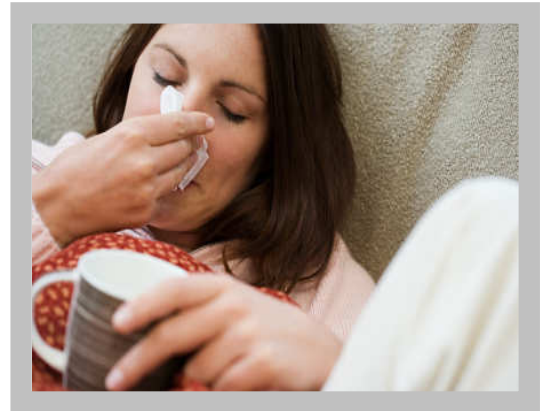
*\*Original design and content aggregation by the Medina County Health Department, Medina, Ohio*

## **SYMPTOMS:**

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Chills
- Fatigue

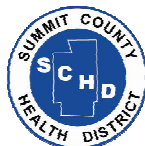
Some people with H1N1 also have:

- Diarrhea
- Vomiting



## **AVOID CONTACT WITH OTHERS**

- Unless necessary for medical care, you should stay home and minimize contact with others. Do not go to work or school, or travel.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus.
- Cough or sneeze into your elbow, or use a tissue and then wash your hands.



## EMERGENCY WARNING SIGNS

### CHILDREN

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever or worse cough

### ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever or worse cough

## PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

- Stay informed – [www.cdc.gov](http://www.cdc.gov) or [www.schd.org](http://www.schd.org).
- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared—have an emergency preparedness kit and plan at home.
- Get your seasonal flu shot. Contact the Summit County Health District at (330) 923-4891 for more details, or check our website for the latest flu clinic schedule.

