

Influenza A-H1N1 Information

The symptoms of H1N1 swine flu virus are similar to the symptoms of seasonal flu. Those symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Many affected people are also reporting diarrhea and vomiting. The following groups have been identified by the CDC as most vulnerable:

- Younger people
- Pregnant women
- Health care personnel
- People who have underlying health conditions

In **CHILDREN**, emergency warning signs that need urgent medical attention include:

- 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 improve but then return with fever and worse cough

In **ADULTS**, emergency warning signs that need urgent medical attention include:

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

Please take these everyday steps to protect your health:

Wash your hands for 15-20 seconds with soap and water frequently, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. Cough or sneeze into your sleeve, rather than your hands, if a tissue is not available.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick, CDC recommends that you **STAY HOME** for at least 24 hours after your fever is gone.

If you think that you may have H1N1 Influenza, contact your physician. He or she may initiate treatment with antiviral drugs. Depending on your symptoms, your doctor may perform a test to determine whether or not you have Influenza. If this test is positive for Type A Influenza, further testing may be indicated to determine if it is H1N1.

More information regarding Influenza A-H1N1 is available at: www.doe.in.gov/H1N1.