

Worried about H1N1 FLU? What you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk*	Fever of 100° F or higher and cough or sore throat	Stay home until your fever has been gone for 24 hours without the use of fever-reducing medication.
High Risk *	Fever of 100° F or higher plus cough or sore throat	Call your doctor to discuss whether you need treatment for flu. Don't go to a hospital unless you have severe illness. Those without a doctor should call urgent care for advice.
Anybody	Severe illness like difficulty breathing, rapid breathing, blue color to skin, unable to eat or drink	Get to a hospital right away. If you call 911, say you may have severe influenza.

PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:

- *Children under 5
- *Pregnant women
- *People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys
- *People with weakened immune systems
- *People under 18 on long-term aspirin therapy

Only YOU can STOP the FLU!



Information is current as of September 4, 2009. Please check MCHD website or call 503-584-4870 for updates.

Information Line: 503-584-4870
Website: <http://www.co.marion.or.us/HLT/>



Marion County
OREGON

Seasonal & H1N1 Flu: What You Need to Know

What is H1N1 flu?

H1N1 flu ("swine flu") 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 H1N1 flu?

- Don't get too close to people who are sick. If you or your child get sick, stay home and 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.
- If you've been close to someone with flu symptoms, check yourself and your child each morning for a fever and any other symptoms of flu-like illness.

What should I do if I or my child develops flu-like symptoms, such as fever of 100° F or higher and cough?

- Sick people should stay home from school or work until 24 hours after the fever goes away without the help of fever-reducing medication.
- 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.
- You *don't* need to go to an emergency room unless you have severe symptoms.
- People under age 19 with flu symptoms **should not** take aspirin.

When do I need medicine for the flu?

Most people get well without medication. Some people are more likely to get severely ill with the flu, including everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma, diabetes, or a weak immune system.

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

When should I go to the emergency room or hospital?

You *don't* need to go to the hospital or emergency room unless you have severe symptoms. Severe symptoms include:

- Trouble breathing or shortness of breath (rapid breathing in children)
- Pain or pressure in the chest or stomach
- Bluish skin color
- Dizziness or confusion
- Increasing fever
- Vomiting that won't stop

How long should I stay home from work or school?

- After having the flu stay home at least 24 hours after fever goes away without the help of fever-reducing medicines.

How can I be prepared at home to deal with the flu?

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

Here's What to Have in Your Home...

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medicine and supplies
Protein bars or fruit bars	Soap and water, or alcohol-based (60-95%) hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrheal medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight and batteries
Pet food	Tissues, toilet paper, disposable diapers
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags