

WHAT TO DO IF YOU GET SICK ~ 2009 H1N1 and seasonal flu

Do you have flu symptoms? (fever, sore throat, cough, headache, muscle aches)

Use the guidelines in this table to help make the best decision about care for yourself and your loved ones.

DO YOU HAVE ANY OF THESE WARNING SIGNS?

BOTH ADULTS AND CHILDREN

- > Confusion or can't be woken up
- > Difficulty breathing
- > Pain or pressure in chest or abdomen
- > Blue lips or skin rash
- > Unable to drink or keep liquids down
- > Sudden dizziness

IN CHILDREN

- > Fever in an infant under 3 months old
- > Excessive irritability

WHAT TO DO

Seek emergency care as soon as possible.

Call 9-1-1, if necessary.

DO YOU HAVE A MEDICAL CONDITION OR ARE YOU OVER 65?

- > Pregnant
- > Cancer
- > Blood Disorders
- > Chronic lung disease like asthma or emphysema
- > Diabetes
- > Heart, kidney or liver disease
- > Weakened immune system
- > Obese (over about 250 lbs. for women, 300 lbs. for men)
- > Your flu-like symptoms clearly improve then you get sicker

WHAT TO DO

Contact your healthcare provider today.

If you are low-income or uninsured call 1-877-510-2772. In Clark County, call (360) 397-8021.

NO WARNING SIGNS - YOU DO NOT HAVE A MEDICAL CONDITION LISTED ABOVE.

You may have influenza or just the common cold. If no warning signs develop, treat at home; rest, drink plenty of fluids and treat fever with acetaminophen or ibuprofen (do not use aspirin in children under 18 years of age).

WHAT TO DO

Rest, drink plenty of fluids and treat fever.

Always use prevention measures to avoid contamination:

- > Wash your hands frequently.
- > Cough or sneeze into the crook of your elbow rather than into your hands.
- > **Stay home if you are sick.**

STAY INFORMED!

For information on H1N1 and to find out where to get vaccinated visit www.flunewsswwashington.org or call toll free 1-877-510-2772.



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Region IV Public Health
Clark, Cowlitz, Skamania, Wahkiakum counties
and Cowlitz Tribe