

FLU SEASON

Public health officials believe that symptoms of H1N1 flu appear 1-7 days after exposure. The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu and include:

Fever (100F or greater) • Cough • Sore throat • Body aches • Headache • Chills • Fatigue • Diarrhea • Vomiting



While most of the Novel H1N1 flu cases have been mild, severe illness has occurred from this new flu virus. If you or someone becomes ill and experiences the following warning signs, seek emergency medical care:

IN CHILDREN SYMPTOMS THAT REQUIRE EMERGENCY 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 or worse cough

IN ADULTS, SYMPTOMS THAT REQUIRE EMERGENCY 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 a fever or worse cough

AWARENESS