

# GOT FLU?

## 1. What is the pandemic H1N1 (swine) flu?

Pandemic H1N1 (also called swine flu) is different from seasonal flu that occurs every winter. This is a brand new disease – it has never existed before which means that everyone is susceptible. I

- It has spread rapidly around the world – the fastest pandemic on record as a matter of fact.
- It is highly infectious.
- It will likely affect large numbers of people.
- It may cause more severe illness than ordinary flu.
- It will occur in two or more waves several months apart – with each wave possibly lasting weeks or months

## 2. What are the symptoms?

The symptoms are the same as if you had ordinary flu. There is a sudden onset, and may be severe.



- Temperature over 38°C/100.4°F and some of the following:
  - Dry cough
  - Sore throat
  - Runny nose
  - Headache
  - Severe weakness and fatigue
  - Vomiting / diarrhea
  - Aching muscles and joints

## 3. If you get the flu, what should you do?

The good news is that most people recover within a few days with no ill effects and do not have to see a physician. If you are ill, or think you might be:

- Stay at home until you have no fever for at least 24 hours (without take aspirin or Tylenol).
- Cover your mouth and nose when coughing or sneezing with paper tissue – the virus spreads when an infected person coughs or sneezes.
- Use a tissue only once and dispose of it quickly and carefully – toss it in the trash.
- Wash your hands frequently with soap and water.
- Wash hard surfaces such as kitchen worktops, door handles, etc. with a normal household cleaner as the virus can live on these surfaces for 24 hours.
- Drink lots of fluids to stay hydrated.
- Avoid large crowds of people whenever possible.
- Make sure to tell your children and others to follow this advice.



## 4. When should you seek medical attention?

If you have taken the basic care steps outlined above and you start to feel worse, or if after a few days you are not feeling better, you may need more advice from your doctor. Adults should contact you doctor by phone if you notice:

- Shortness of breath at rest or while doing very little
- Painful or difficult breathing
- Coughing up bloody sputum
- Drowsiness, disorientation or confusion
- Fever for 3 days and not starting to get better (or getting worse)
- Starting to feel better then developing high fever and feeling unwell again

For children with the flu, seek medical attention if the child shows these symptoms:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- • Fever with a rash.
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough