

## 2009 H1N1 (Novel) Influenza

### What to do if you or your child is SICK!

**Q. How do I know if I or my child has the 2009 H1N1 influenza?**

A. Symptoms are fever greater than 100 degrees F, and either a sore throat or cough. Other symptoms may accompany this influenza including runny/stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting.

**Q. What should I or my child do if we have these symptoms?**

A. Stay home or keep your child home and avoid contact with other people except for medical care. You or your child should stay home until your fever is gone for at least 24 hours without the use of any fever reducing medicines.

**Q. Should I take my child to the doctor or hospital if they have any of these symptoms?**

A. The majority of the influenza cases have been mild to moderate and can be treated at home with usual over the counter medications and lots of fluids. (Caution: due to possible complications, the use of ASPRIN should be avoided in children and teenagers.)

Indications requiring immediate treatment by a medical professional may include:

- Fever persists or increases to higher levels
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

**Q. What precautions should I take for my family if one of us is sick with influenza?**

A. Keep sick individuals in separate areas of the home if at all possible. Hand washing and use of alcohol hand cleaners along with cough hygiene (cover your cough or wear a mask to control the spread). Clean hard surfaces frequently. Avoid others while ill.

**Q. Are there groups that are at more risk for complications if they get the flu?**

A. The CDC has identified the following groups of individuals as higher risk of complications: expectant mothers, asthma, diabetes, heart disease, compromised immune systems, children younger than 5 years—especially under 2 years, and individuals with chronic medical conditions.

There are a variety of resources available for further information. These include the following:

<http://www.cdc.gov/h1n1flu/>

<http://www.flu.gov>

<http://www.dshs.state.tx.us/txflu/default.shtm>

or contact your local medical provider.