

# H1N1 FLU— WHEN TO CALL THE DOCTOR

You may be wondering why the pandemic H1N1 “flu” is getting so much attention. A pandemic flu is a new flu virus that spreads easily from person-to-person, and causes illness worldwide. Since it’s new, people have no or little immunity – or protection – against it.

What’s also different is this new flu is affecting large numbers of young people between the ages of 5 and 24 years old. It’s important to know that most young, healthy people will recover at home without any special medical attention.

## What to Do If You Think You’ve Been Exposed to H1N1

- **If you feel fine and have no symptoms** you do not need to call or see a doctor, and you don’t need to miss school or work.
- **Watch for flu-like symptoms.** Monitor yourself for a fever over 100 °F plus a cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue.

## What to Do If You Are Sick with Flu-Like Symptoms

- **If you’re sick, stay home and keep away from other healthy people.** If you have a fever plus another symptom stay home. Stay home until you no longer have a fever for at least 24 hours – without taking any fever medications.
- **Get plenty of rest** and make sure to drink lots of water and other healthy clear liquids.
- **Treat fevers and aches with over-the-counter flu medicines.** Follow the manufacturer’s instructions.

## When to Call or Go to a Doctor

- You have an underlying medical condition.
- Your symptoms get worse.
- You have trouble breathing.
- You get dehydrated from vomiting and/or diarrhea.

## When to Go to the Emergency Department

Go to the emergency department if you have any of the following symptoms:

- Shortness of breath
- Trouble breathing
- Seizures
- Chest pain
- Continued vomiting
- Confusion

## To Help Prevent the Spread of Flu

- **Get your flu vaccines.** If you haven’t gotten your seasonal flu vaccine – get it now. Once the H1N1 vaccine is available, get that too.
- **Keep up good health habits.** Wash your hands and cover your cough.
- **Stay informed.** Get the latest updates by visiting our website at [www.sccphd.org](http://www.sccphd.org) and becoming a fan of our page on Facebook at [www.facebook.com/sccpublichealth](http://www.facebook.com/sccpublichealth) or on MySpace at [www.myspace.com/sccpublichealth](http://www.myspace.com/sccpublichealth)

