

What to do if you think your child has Influenza

- Call your child's school, childcare provider, or other activities and let them know.
- Stay home from school and all other activities until at least 24 hours free of fever without the use of fever-reducing medications.
- DO NOT give aspirin or salicylate-containing medicines to anyone under 19 years of age.

Emergency warning signs

Call your physician if you become ill and experience any of the following warning signs:

In children

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

In adults

Difficulty breathing or shortness of breath
Pain or pressure in chest or abdomen
Sudden dizziness
Confusion
Severe or persistent vomiting

Do I need to go the emergency room if I am only a little sick?

No. the emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning sign of flu with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

Are there medicines to treat 2009 H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and 2009 H1N1 called "antiviral drugs." These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. Wash your hands often to keep from spreading flu to others. CDC has information on "Taking Care of a Sick Person in Your Home" on its website http://www.cdc.gov/h1n1flu/guidance_homecare.htm.

Content Source: Centers for Disease Control and Prevention (CDC)