

# Worried About H1N1 (Swine) Flu?

## What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

## If you, or your child, are not sick but are worried

Call the Johnson County Health Department at 317-346-4365

## If you, or your child, are mildly ill

But you wouldn't usually go to the clinic with those symptoms:

- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- Treat the symptoms as you usually would (for example, with fluids and Tylenol).
- **Do not give aspirin** (acetylsalicylic acid) to children or teenagers ( $\leq 18$  years of age) who have the flu; this can cause a rare but serious illness called Reye's syndrome.

## If you, or your child, are moderately ill

- Call your clinic or doctor if:
  - You have a fever of 100°F or higher, **AND**
  - You have a cough or sore throat.
  - You are sick enough that you would normally go to the clinic.
  - You have a health condition that may put you at increased risk of becoming severely ill with influenza.
    - Children aged less than 5 years, particularly those less than 2 years of age;
    - Persons aged 65 years or older;
    - Women who are pregnant;
    - Adults and children who have chronic health conditions including chronic lung problems such as asthma, metabolic diseases such as diabetes, heart disease, kidney disease, liver disease, and certain blood diseases;
    - Adults and children who have a lowered immune system from medications or chronic health conditions such as HIV;
    - Residents of nursing homes and other chronic-care facilities.

Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.