



Clean Wash your hands **Cover** Cover your cough and **Contain** Contain your germs - stay home if you are sick

Common Sense Checklist for H1N1 Influenza

If you have a flu-like illness including:

Fever greater than 100°F (37.8°C) AND cough, sore throat, or runny nose or stuffiness

Then Stay Home and CALL Your Doctor

If you are mildly sick with the flu - STAY HOME and recover, unless you have the following worrisome WARNING SIGNS.

Emergency warning signs that need urgent medical attention include:

IN CHILDREN

- ☆ Fast breathing or trouble breathing
- ☆ Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- ☆ Not drinking enough fluids
- ☆ Persistent vomiting
- ☆ Not waking up or not as responsive as usual or not interacting
- ☆ Signs of dehydration, such as dizziness when standing, not passing urine or, in infants, lack of tears when crying
- ☆ Being so irritable that the child does not want to be held
- ☆ Flu-like symptoms improve but then return with fever and worse cough
- ☆ Fever with a rash
- ☆ Seizures

IN ADULTS

- ☆ Difficulty breathing or shortness of breath
- ☆ Pain or pressure in the chest or abdomen
- ☆ Dizziness or confusion
- ☆ Not drinking enough fluids or vomiting and unable to keep liquids down
- ☆ Severe or persistent vomiting
- ☆ Flu-like symptoms improve, but then return with fever and worse cough

Common Sense Precautions Include:

- ☆ Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- ☆ Cover your mouth when coughing or sneezing.
- ☆ Use paper tissues when wiping or blowing your nose; throw tissues away after use.
- ☆ Stay away from crowded living and sleeping spaces, if possible.
- ☆ Stay home and avoid contact with other people to protect them from catching your illness.