

## **A Note From the Emergency Department About H1N1 Influenza (“swine flu”)**

Where can I get the most current information?

- ◆ [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO

What are the symptoms?

- ◆ Fever (usually high), headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, sore throat, vomiting, and sometimes diarrhea – The symptoms may be no different than the common cold!

What should I do if I think I have the flu?

- ◆ **Stay home** for at least 24 hours after your fever is gone. You are most infectious to others when symptoms first start and less so 24 hours after your fever is gone.
- ◆ Keep away from others as much as possible to avoid making them sick.
- ◆ Use over-the-counter pain relievers as per their instructions, drink plenty of fluids, and rest.
- ◆ See your healthcare provider if you are seriously ill.

What can I expect if I come into the Emergency Department?

- ◆ You will **not** be tested for Influenza.
- ◆ You and your family will **not** receive antiviral medications unless you are ill and in one of the high-risk groups (children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease) and/or hospitalized.
- ◆ You will be given symptomatic treatment which may only include over-the-counter pain relievers and recommendations for drinking plenty of fluids, rest, and staying home until feeling better.
- ◆ You will only be hospitalized if you are seriously ill and in one of the high-risk groups.