

FLU INFORMATION

What are the symptoms of seasonal flu and H1N1?

- Symptoms for seasonal flu and H1N1 are similar – fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

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

- Get plenty of rest and drink fluids.
- Stay home and keep away from others as much as possible.
- Avoid travel, work or school for at least 24 hours after your fever is gone.
- If you are concerned, call your doctor. Rapid tests in your doctor's office may not detect the virus. Your doctor should only prescribe medications after you show severe symptoms, not before.
- Call your doctor right away if you develop a fever over 100 degrees.
- Know that you are at higher risk if you have asthma; a weakened immune system; other heart, lung, kidney, blood or liver diseases; diabetes; or you are pregnant.
- Go to the Emergency Department if you are having trouble breathing. Mild influenza symptoms usually do not require treatment by a doctor.

How can I protect myself from getting the flu?

- Get a seasonal flu vaccine to protect against seasonal flu viruses.
- Get an H1N1 vaccine once available. This is in addition to the seasonal flu vaccine.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact (about six feet) with sick people.
- Throw away tissues and other disposable items used by sick persons.
- Clean surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys with a household disinfectant.

For more information,
visit www.cdc.gov or www.flu.gov or bronsonhealth.com/flu
call 1-800-CDC-INFO
e-mail fludoctor@bronsonhg.org