Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
- Weakened immune systems (including people with AIDS)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it’s possible for otherwise healthy people to develop severe illness so any one concerned about their illness should consult their doctor.

There are “emergency warning signs” that should signal anyone to seek medical care urgently.

Emergency 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 the 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 the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Are there medicines to treat infection with this new virus?
Yes. There are prescriptions drugs called “antivirals” that can treat influenza illness, including 2009 H1N1. These drugs can make illness milder and may also prevent serious complications. The priority use for influenza antiviral drugs this flu season is to treat people who are severely ill (hospitalized) and sick people who are at increased risk of serious influenza-related complications. CDC recommends the use of the antiviral drugs oseltamivir or zanamivir this season.

How long should I stay home if I’m sick?
CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you must leave the house (for example to see your doctor), wear a facemask, if you have one and it is tolerable, or cover coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

Flu symptoms can include
- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes diarrhea and vomiting

*It’s important to note that not everyone with flu will have a fever.

For more information visit
www.cdc.gov/h1n1flu or
www.flu.gov or call 800-CDC-INFO
What should I do if I get sick?

If You Get Sick

In the event you become ill with a flu-like illness this season, CDC recommends that you:

Stay home if you are sick.

Try to avoid close contact with others while you are sick.

Cover your nose and mouth with a tissue when you cough or sneeze. (Throw the tissue in the trash after you use it.)

If you have a cough or sneeze that will result in a lot of droplet cough, please cover your nose and mouth with a tissue. After you use the tissue, wash your hands with soap and water.

See your health care provider if your symptoms are serious, or if they just don’t get better after 2 days.

If you have a chronic health condition, get your flu shot if you haven’t already. If you have healthy kids, try to get them vaccinated too.

What is the flu?

The flu, or influenza, is a contagious respiratory illness caused by a virus. The virus can spread from person to person through the coughs and sneezes of people who are sick with influenza. People infected with 2009 H1N1 flu shed virus and may also be able to infect others from 1 day before getting sick to up to 7 days after getting sick. This can be longer in some people.

What is the 2009 H1N1 flu (sometimes called “swine flu”)?

The 2009 H1N1 flu is a new influenza virus that is spreading worldwide among people of all ages. While few people over the age of 65 years of age have been infected with this new virus, if people in this age group become ill, they are at higher risk of developing serious infections and complications.

So far, younger people have been more likely to be infected with 2009 H1N1 flu than older people. Most cases infected with 2009 H1N1 flu have occurred in people younger than 25 years of age. At this time, there are relatively few cases of 2009 H1N1 flu in people 65 or older, which is unusual when you consider that older people are more likely to come in contact with 2009 H1N1, and those who have been hospitalized with 2009 H1N1, have occurred in people younger than 25 years of age.

Who is at greatest risk of infection with this new virus?

People who have become very ill have been previously healthy. Severe infections have been reported among children younger than 5 years of age, pregnant women, and people with weakened immune systems. Most people who have been hospitalized with 2009 H1N1 flu have had underlying conditions such as a chronic heart or lung condition, diabetes, kidney disorder, liver disorder, nervous system disorder, or other serious health condition or a compromised immune system. People 65 and older, young children under 2 years old, people who were very sick with the flu and needed medical care, and people who had to stay in a hospital are at highest risk of complications. They are:

- Children younger than 5 years old, especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who live with or provide care for children younger than 5 years of age
- People who are immunocompromised
- People with a chronic health condition or compromised immune system

Everyday actions

- Cover your nose and mouth with a tissue when you cough or sneeze. (Throw the tissue in the trash after you use it.)
- Cover your mouth and nose with a cloth mask when you cough or sneeze while you are sick.
- Stay home when you are sick. Avoid contact with others while you are sick.
- Wash your hands often with soap and water, especially before eating and after using the bathroom.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others while you are sick.
- Practice physical distancing (6 feet or 2 meters) when you are in close contact with others.
- Avoid crowded and poorly ventilated spaces.
- Follow public health advice regarding school closures, workplace policies, and other public health guidelines.
- Wear a mask in public settings where social distancing measures are difficult to maintain.

What can I do to protect myself from infection?

A vaccine

A vaccine against 2009 H1N1 flu is being produced.

Recommendations for use of antiviral drugs

If you have a flu-like illness, you can take antiviral drugs if your doctor recommends them.

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