



Uh Oh...I Feel Sick...

What if it's 2009 H1N1 Flu (Swine Flu)?

Many people are worried about what they should do if they start to feel ill or think they may have been exposed to the 2009 H1N1 flu virus. If you start to feel ill and have flu-like symptoms, you should do the following:

1. Call your doctor or health care provider. He or she will decide whether you need to be seen in the office. Most of the time, testing for the 2009 H1N1 flu virus is not necessary. In most cases people sick with the flu can recover at home.
2. Stay home for at least 24 hours after your fever has gone away (without the use of fever-reducing medicines).
3. Follow your doctor's orders and take any prescribed medications.
4. Get plenty of rest and drink plenty of clear fluids.
5. To keep others from becoming ill:
 - ◆ Avoid close contact with others as much as possible, keeping a distance of at least 6 feet.
 - ◆ Cover your coughs and sneezes with a tissue or the inside of your elbow.
 - ◆ Throw away tissues in the trash.
 - ◆ Wash your hands frequently with soap, rubbing your hands for at least 20 seconds or use an alcohol-based hand sanitizer.

**CONTACT YOUR
DOCTOR RIGHT
AWAY IF:**

You or your loved one:

- ◆ has difficulty breathing or chest pain
- ◆ has purple or bluish lip or skin color
- ◆ is vomiting and unable to keep liquids down
- ◆ has signs of dehydration such as:
 - dizziness while standing
 - inability to urinate
 - or (in infants) a lack of tears when crying
- ◆ has seizures (for example, uncontrolled convulsions)
- ◆ is less responsive than normal or becomes confused

