

# H1N1 Information

## Signs & Symptoms of H1N1

- Fever of 100 degrees or higher
- Cough
- Sore Throat
- Body Aches
- Headache
- Chills
- Fatigue
- Occasionally, Vomiting & Diarrhea

## Seek Emergency Care for the Following Symptoms

### *In Children*

- Fast breathing
- Bluish or gray skin
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms that improve, then return with a fever & worse cough

### *In Adults*

- Difficulty breathing
- Pain or pressure in chest
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve, then return with fever & worse cough

## How to Keep from Getting It

- Wash your hands frequently with soap & water for 20 seconds
- Cough or sneeze into a tissue or into the inside of your elbow
- Avoid contact with sick people
- In communities where H1N1 has occurred, stay away from shopping malls, movie theaters & other places where there are large groups of people
- If you have flu-like symptoms, stay at home except to seek medical care

- This means avoiding normal activities including work, school, travel, shopping, social activities & public gatherings
- Avoid touching your eyes, nose & mouth unnecessarily

### **School Guidelines**

- Children/Students with flu-like symptoms should remain at home until at least 24 hours after they are free of fever (100 degrees or higher), or signs of a fever without the use of fever-reducing medications.
- Children/Students who come to school with or develop flu-like symptoms while at school will be sent home.
- ***Parents are responsible for making arrangements to have sick students picked-up from school. The student(s) will not be permitted to remain at school.***
- ***Children/Students with flu-like symptoms will not be sent home on the bus; the parent must pick them up.***

\* Note \* These guidelines are from the CDC (Center for Disease Control) and could change during the flu season. Please watch information coming from the school and/or Ohio County Health Department regarding any changes in the above guidelines.