
Flu Season 2009

You may also access this information on our website at www.clinica.org

This year H₁N₁ flu, also known as swine flu, and seasonal flu symptoms are similar. The symptoms usually come on suddenly and include:

- Fever (oral temperature of 100.0°F (37.8°C) or greater)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches body
- Stomach symptoms which include nausea, vomiting, & diarrhea, (more common in young children than in adults.)

Fevers usually last 2-4 days. Other symptoms may last up to 2 weeks as your body recovers. Stay home from work, school, travel, shopping, social events, and public gatherings for at least 24 hours after your fever is gone without the use of Tylenol or Motrin, except to get medical care or other necessities. Please wear a mask if you need to be out in public.

As with seasonal flu, most people with H₁N₁ Flu (Swine Flu) have had a mild illness and have not needed medical care or antiviral drugs. We DO NOT routinely test for either seasonal flu or H₁N₁ (Swine Flu) in the clinic.

If you or a family member has any of the following symptoms, seek Medical Attention:

- Anyone (child or adult) with the following symptoms
- A fever that lasts for more than 4 days
- Fast breathing, trouble breathing, shortness of breath
- Bluish or gray skin color or lips
- Not drinking enough fluids or have symptoms of dehydration including not urinating at least 3 times in 12 hours
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and a worse cough
- Infant 0-3m with temperature of $\geq 100.4^{\circ}\text{F}$.
- If your child 4-36 m continues to have a fever of $>102^{\circ}\text{F}$ an hour after you have given Tylenol or Ibuprofen.
- If a child $>3\text{y}$ or an adult continues to have a temp of $>104^{\circ}\text{F}$ an hour after you have given Tylenol or Ibuprofen.
- Children who are not waking up or not interacting
- Children who are so irritable that they do not want to be held
- Adults with pain or pressure in chest or abdomen
- Adults with sudden dizziness or confusion

If you or a family member gets sick:

- **Stay home until you have been free of fever, which is considered $>100^{\circ}\text{F}$, or signs of a fever, for at least 24 hours without the use of fever reducing medication.**
- **Drink clear fluids** like water, broth, sports drinks, and tea to prevent dehydration.
- **Wash hands often.** Alcohol-based hand cleaners are also effective.

You may take over the Counter Medications, as directed on the box:

- For fever & pain you may take acetaminophen brand name Tylenol and ibuprofen brand names Advil®, Motrin. Take every 4-6hrs as directed until your symptoms improve. Do not use Aspirin for children.