

H1N1 (SWINE) FLU: STAY HEALTHY AND INFORMED

1 Before leaving home, ASK YOURSELF, DO I OR A FAMILY MEMBER HAVE...

Fever? Sore Throat? Muscle Aches? Cough?

2 If “yes” to the questions above, DON'T SPREAD THE FLU:

- Stay home and keep sick children home until there is no fever for 24 hours, without use of fever-reducing medications.
- If symptoms get worse, contact your healthcare provider. See emergency warning signs below.

3 Flu viruses are spread through coughs and sneezes. DECREASE YOUR CHANCE OF BEING INFECTED:

- Cover coughs and sneezes with a tissue or the inside of your elbow
- Wash hands often with soap and water or an alcohol-based hand cleaner, especially after coughing or sneezing.
- Avoid close contact with people who might be ill, and avoid crowded settings.
- Wipe down hard surfaces with a household cleaner effective against flu.

4 Stay Informed. KNOW WHAT YOU CAN DO ABOUT THE FLU:

- **Sarasota County Health Department:**
www.sarasotahealth.org | 941.861.2800
- **Florida Flu Information**
www.myflusafety.com | 877-352-3581 (Toll Free) English/Spanish/Creole
- **CDC TTY**
888-232-6348

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EMERGENCY WARNING SIGNS IN ADULTS

Seek urgent medical attention if:

- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
-

EMERGENCY WARNING SIGNS IN CHILDREN

Seek urgent medical attention if:

- 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

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