

# Worried about **H1N1 SWINE FLU**?

## What you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4) plus cough or sore throat	<u>Stay home</u> until you've felt completely well for a day. Don't go to a hospital.
* High Risk	→ Fever (100.4) plus cough or sore throat	→ <u>Call your doctor</u> to discuss whether you need medicine for flu. Don't go to a hospital.
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	<u>Get to a hospital</u> right away. If you call 911, say you may have severe influenza.

### \* PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:

Babies under 2 | Seniors | Pregnant women | People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys | People with weakened immune systems | People under 18 on long-term aspirin therapy

**DO YOU HAVE A FEVER?** A reading of 100.4 or higher is a fever.

