

H1N1

Information Sources

Swine Flu H1N1 Hotline
1-800-808-1987

Websites:

www.pandemicflu.gov
www.health.state.ny.us/
www.cdc.gov/swineflu/

Local Resource:

**Seneca County
Health Department**
31 Thurber Drive
Waterloo, NY 13165
(315) 539-1920
www.co.seneca.ny.us/



H1N1 Pandemic



Information for YOU and your FAMILY

- H1N1 is a new influenza virus causing illness in people.
- This new virus was first detected in April in the United States.
- H1N1 Virus is spread from person to person, much the same way as seasonal influenza (flu) is spread.
- H1N1 could have a devastating impact. Take steps to minimize the impact on our families and our communities.

**Keep this information in a safe place for easy reference*

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Symptoms of H1N1

- Fever—greater than 100°F
- Body aches
- Headache
- Cough
- Chills
- Sore throat
- Some have reported diarrhea and vomiting

If you have some of these symptoms STAY HOME

○Rest ○Drink fluids ○Use fever reducers

*no aspirin for anyone less than 20 years old

Warning signs in children that need urgent medical attention:

- Fast breathing or trouble breathing
- Bluish skin color
- Not waking up or not interacting
- Being so irritable the child does not want to be held
- Not drinking enough fluids
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash

Warning signs in adults that need urgent medical attention:

- Trouble Breathing ○Pain or Pressure in the chest or abdomen
- Sudden dizziness ○Confusion
- Severe or persistent vomiting

Things to consider when someone at home is sick with the flu:

- Check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema
- Check with their health care provider about whether they should take antiviral medications
- Stay away from others as much as possible. Do not go to work or school while ill
- Stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.)
- Get plenty of rest
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands
- Wear a facemask – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others.

Get prepared **NOW** for H1N1 Flu or any Emergency...

- Plan ahead for what you and your family would need for an extended period of time (at least 2 weeks).
- Keep extra supplies of food, water, medications, and disaster kit supplies on hand.
- Thermometers
- Fever reducers
- Soap, detergent, bleach
- Disposable gloves
- Alcohol-based hand sanitizer (at least 60%)
- Paper products (tissues, toilet paper, etc.)
- Surgical masks
- Battery operated radio
- Batteries
- First Aid Kit
- Flashlight
- Electrolyte Drink