

# The Flu

## Signs and Symptoms of Novel H1N1 Influenza

The symptoms of Novel H1N1 Flu virus in people are similar to the symptoms of Seasonal Flu and include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills** and **fatigue**. A significant number of people who have been infected with Novel H1N1 Flu also have reported **diarrhea** and **vomiting**.

### Is it a Cold or the Flu?

Symptoms	Common Cold	Seasonal and Novel H1N1 Influenza
Fever	Rare	High (102-104°F) lasts for 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usually often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Usually
Chest Discomfort	Mild	Common, can be severe
Cough	Moderate hacking cough	Can be severe dry cough
Vomiting or Diarrhea	Never	More common with Novel Flu less so with Seasonal Flu
Complications	Sinus and ear pressure	Pneumonia can be life threatening
Treatment	None	Anti-viral medication
Prevention	None	Vaccine expected Winter 2009

If you believe you have H1N1 Flu and are worried about your symptoms call your doctor or urgent care center. Please be careful not to make others sick. Cover your cough and please, stay home from work or school when you are ill.

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## Emergency Warning Signs

If you become ill and experience any of the following symptoms or signs seek emergency medical care immediately.

### Concerns in Children

### Concerns in Adults

Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Not drinking enough fluids	Not drinking enough fluids
Severe or persistent vomiting	Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough	Flu-like symptoms improve but then return with fever or worse cough
Not waking up or interacting	Confusion
Irritability and not wanting to be held	Sudden dizziness
Bluish or gray skin color	Pain or pressure in the chest or abdomen



For more information or vaccine locations, please call the Flu Hotline at 1-602-372-3996

