

Get medical care when you have any of the following:

- Fast breathing or trouble breathing.
- Skin has a blue or gray color.
- Cannot drink enough liquids. Urine has a dark color. Get dizzy when standing.
- Severe vomiting that does not stop.
- Not waking up or less responsive than normal. Person easily becomes confused.
- Pain or pressure in your chest or abdomen (belly).
- Children who are so fussy that they do not want to be held.
- Flu-like symptoms that get better, but then return with fever and worse cough.

BE PREPARED

Have a supply at home of:

- Over-the-counter cough and cold medicines
- Hand soaps
- Hand sanitizer
- Kleenex

RESOURCES

www.flu.gov

www.health.state.mn.us

Emergency Department policy for patients with influenza-like illness

The goal of this policy is to prevent the spread of influenza in the Emergency Department and the hospital. We want to protect our patients, visitors and health care providers.

- Each patient may be limited to one visitor at a time. The visiting person will be asked to stay with the patient in the waiting room and in the Emergency Department room.
- Other people may be asked to leave the hospital building.
- The patient and visitor may be asked to wear masks through the entire Emergency Department visit.

The patient and visitor are asked to clean their hands using alcohol foam upon arrival to the Emergency Department.

If you have any questions or concerns please talk with a nurse or doctor.



Hennepin County
Medical Center

INFLUENZA

SEASONAL and H1N1

Learn about the flu and how to protect yourself



According to current recommendations, most healthy people will not be tested for H1N1. Only select high risk people will be treated with antiviral medicine.

It's all about FLU (Seasonal & H1N1)

WHAT IS THE "FLU"?

Influenza, or the "flu" is a respiratory illness caused by a virus.

Some people, such as older people, young children, pregnant women and people with asthma, diabetes, or heart disease are at increased risk for serious complications from the flu illness.

H1N1 influenza is a *new* influenza virus that is spread in the same way as all other influenza and has the same symptoms.

SYMPTOMS OF THE FLU (including H1N1)

- Fever (usually high)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Extreme tiredness
- Sometimes vomiting and diarrhea

HOW DOES FLU SPREAD?

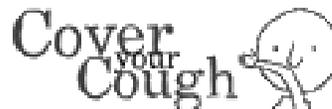
- When a person with the flu coughs or sneezes.
- Touching something with flu viruses on it and then touching your eyes, nose, or mouth before washing your hands.

GET VACCINATED!

- The single best way to prevent flu is to get vaccinated every year.
- Vaccination is important for all persons, but especially young children, pregnant women, people with asthma, diabetes or heart disease, and people 65 years and older.
- Your doctor may ask you to have a second vaccine to protect you against the new 2009 H1N1 influenza.

EVERYDAY ACTIONS

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean your hands often with soap and water. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Stay home when you are sick.
- Eat healthy meals.



TESTING

Doctors will only test for H1N1 influenza if a patient is hospitalized.

TREATMENT

Medicines called "antivirals" are used to treat the flu. If you get sick, antiviral medicines can make you feel better faster. They work best when started within 2 days after you become ill.

- Most people with the flu will get better after a few days without antiviral medicine.
- Antiviral medicine may be given to people with severe illnesses and people at higher risk of flu complications. Check with your doctor to see if you are at high risk.
- Inappropriate or unnecessary use of antivirals can result in drug resistance.

STAYING HOME WITH INFLUENZA

- Rest and stay home. Do not go to work or school until your fever is gone for 24 hours.
- Have the ill person stay in their own room of the house if possible.
- Drink clear liquids (such as water, broth, sport drinks, Pedialyte) to prevent dehydration.
- Wash hands often and cover coughs and sneezes.
- Limit visitors and caregivers. A phone call is safer than a visit.
- Keep household surfaces clean. Wash all dishes and drinking glasses well.