

If you are Sick with Suspected or Confirmed Seasonal or H1N1 Flu...

- Check with your healthcare provider about any special care you might need if you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Check with your healthcare provider about whether you should take (or continue) antiviral medications.
- Stay home until fever is gone for at least 24 hours except to seek medical care. (Fever should be gone without the use of fever reducing medication.)
- Get plenty of rest.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Cover your coughs and sneezes. Clean your hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others. Do not go to work or school while ill.
- Be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention.

In children, emergency warning signs that need urgent medical attention include:

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

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but return with fever and worse cough

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Medications to Help Lessen Symptoms of the Flu

Check with your healthcare provider or pharmacist for correct, safe use of medications

Antiviral medications can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications or those with severe flu illness who require hospitalization might benefit from antiviral medications. Antiviral medications are available for persons 1 year of age and older. Ask your healthcare provider whether you need antiviral medication.

Influenza infections can lead to or occur with bacterial infections. Therefore, some people will also need to take antibiotics. More severe or prolonged illness or illness that seems to get better, but then gets worse again may be an indication that a person has a bacterial infection. Check with your healthcare provider if you have concerns.

Warning! Do *not* give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's Syndrome. For more information about Reye's Syndrome, visit the National Institute of Health website at www.ninds.nih.gov.

- Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.
- Children of at least 5 years of age and teenagers with the flu can take medicines **without** aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.
- Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.
- The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.
- Fevers and aches can be treated with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or nonsteroidal anti-inflammatory drugs (NSAIDs). Examples of these kinds of medications include:

Generic Name	Brand Name(s)
Acetaminophen	Tylenol®
Ibuprofen	Advil®, Motrin®, Nuprin®
Naproxen	Aleve®

- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. These medications will not make an infected person less contagious.
- Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications. Don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDs.

Check with your healthcare provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu.