

Worried About H1N1 (Swine) Flu?

What to do if you, or your child, have flu symptoms

What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

If you, or your child, are not sick but are worried

Call the Minnesota Department of Health if you have questions at 1-877-676-5414.

If you, or your child, are mildly ill

But you wouldn't usually go to the clinic with those symptoms:

- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- Treat the symptoms as you usually would (for example, with fluids and Tylenol).
- **Do not give aspirin** (acetylsalicylic acid) to children or teenagers (≤ 18 years of age) who have the flu; this can cause a rare but serious illness called Reye's syndrome.

If you, or your child, are moderately ill

Call your clinic or doctor if:

- You have a fever of 100°F or higher, AND
- You have a cough, sore throat
- You are sick enough that you would normally go to the clinic.
- You have a health condition that may put you at increased risk of becoming severely ill with influenza.

Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

More information:

Minnesota Department of Health:

www.health.state.mn.us

651-201-5414 or 1-877-676-5414

TTY: 651-201-5797

Centers for Disease Control and Prevention:

www.cdc.gov/h1n1/

1-800-CDC-INFO (800-232-4636)

TTY: 1-888-232-6348



Infectious Disease Epidemiology, Prevention and Control

P.O. Box 64975

St. Paul, MN 55164-0975

1-877-676-5414, TTY: 651-201-5797

www.health.state.mn.us