

# What you need to know about H1N1

## **Carle Clinic and Carle Foundation Hospital are not routinely testing for H1N1 influenza in non-hospitalized outpatients**

Because H1N1 influenza is widespread in our community, all patients with flu-like symptoms have a high chance of being diagnosed with H1N1. Current treatment recommendations for those not at high risk include fluids and fever-reducing medication such as Tylenol.

Confirming a positive case through a lab test is not necessary, since 99 percent of current influenza cases are H1N1. So, Carle Clinic and Carle Foundation Hospital are not routinely testing for H1N1 influenza in outpatients. As recommended by the U.S. Centers for Disease Control, providers will diagnose H1N1 based on symptoms. This allows treatment to begin as soon as possible for those with likely flu.

### **Still have questions?**

Illinois H1N1 flu information phone line (866) 848-2094 (English) or (866) 241-2139 (Español)

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

[www.champcoprepares.com](http://www.champcoprepares.com)



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## What if I get sick?

Stay away from others as much as possible to keep from making others sick. Staying home means you should not leave your home except to seek medical care. Avoid normal activities including work, school, travel, shopping, social events and public gatherings.

If you have severe illness or are at high risk for flu complications, contact your healthcare provider or seek medical care. Your healthcare provider will determine whether flu testing or treatment is needed.

## General treatment recommendations

- Rest and drink fluids
- Take Tylenol or ibuprofen to control fever. Do not give aspirin to a child.
- Take antiviral medicine, if prescribed (only recommended for treatment in high-risk patients and not prevention)
- Stay home until 24 hours after fever returns to normal (98.6°F) without fever-reducing medicine (Tylenol, ibuprofen, etc.). Healthcare workers should stay home for seven days.

## Protect your community

- *Stay home if you are sick*
- Avoid touching eyes, nose or mouth
- Cover coughs and sneezes
- Wash hands often – with soap for at least 20 seconds, or use alcohol-based hand sanitizers
- Keep commonly-touched surfaces sanitized

## High-risk groups

If you have any of the following conditions, contact your healthcare provider immediately if you experience any flu-like symptoms (including fever of at least 100°F, cough, sore throat, body aches, diarrhea or vomiting).

- Pregnancy
- Asthma
- Heart disease
- Compromised immune system
- Diabetes
- Other underlying health conditions

*If you become ill and experience any of the following warning signs, seek emergency medical care:*

### **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 up 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 then return with fever and worse cough