

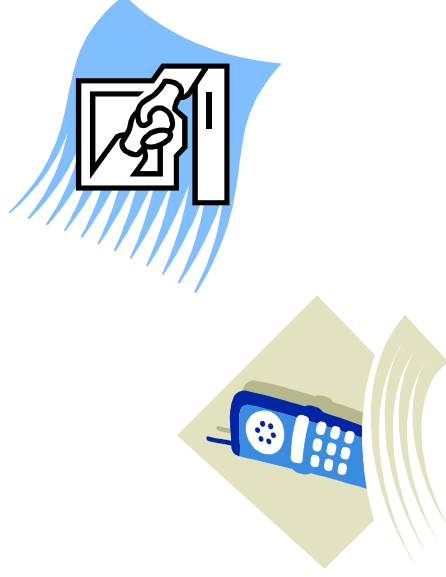
Follow these recommendations if you are home with the flu -

- Stay home until at least 24 hours after you are free of fever (100°F), or signs of a fever without the use of fever-reducing medications.
- Drink clear fluids (not alcohol) - (water, broth, sports drinks, infants need specially made electrolyte drinks like Pedialyte®) to keep from being dehydrated.
- Dishes can be done in dishwasher or with hot soapy water.
- Throw away any tissue or other disposable items used by the sick person. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

For more detailed information about novel H1N1 home care, visit

www.cdc.gov/h1n1flu

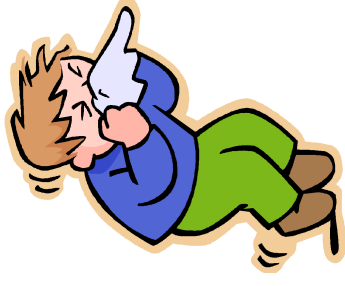
or call 1-800-CDC-INFO



Dunn County Health
Department

Government Center
800 Wilson Ave.
Menomonie, WI
Phone: 715-232-2388
Fax: 715-232-1132

Dunn County Health
Department



Home with the flu ?

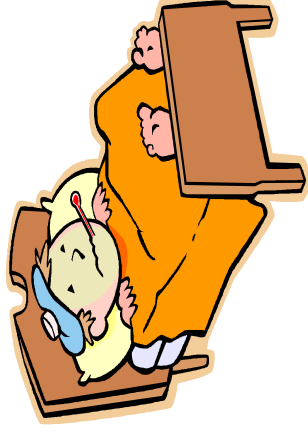
Guidance for taking care of yourself or your child.

For more information call
your clinic or the Dunn
County Health Department
at 232-2388.

If you have the FLU

You will probably be sick for several days with fever and respiratory symptoms - cough, stuffy nose.

- Take ALL of the antiviral medication as directed.
- Call your clinic if you (or your child) have any side effects to the medicine - nausea, vomiting, rash or unusual behavior.
- Cover your cough with your sleeve. Wash your hands often to prevent the spread of germs to others.
- Don't share drinking glasses, chapstick, food or towels.
- **DO NOT GIVE ASPIRIN TO CHILDREN UNDER 19 YEARS OLD.**
- Take over the counter medications for symptom relief as needed for fever or pain—acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®, Nuprin®), or cough medicine.
- Children under 4 years of age should not be given over the counter cold medications without asking your health care provider how much to give and if it is okay.



Seek Emergency Care

If you or your child has any of the following:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not able to drink enough fluids
- Severe or repeated 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 (signs of pneumonia / other infection)

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 that improve but return with a fever and worse cough (signs of pneumonia)

