



Flu Information for Adult Patients

(October 1, 2009)

Symptoms of the seasonal flu can include fever, tiredness, weakness, severe muscle and joint aches, dry cough, headache, sore throat, and runny or stuffy nose.

Call your doctor if you have symptoms of the flu and are pregnant, or if you have a health problem like diabetes, asthma or heart disease, as these conditions could be made worse by the flu.

Many people are concerned about the H1N1 flu. It can be spread easily from person-to-person, like the seasonal flu.

Symptoms of the H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness. Diarrhea and vomiting can also be symptoms.

If you have these symptoms, stay home. Do not go to work or school. Most people who have been sick with this virus in the United States have recovered at home without treatment. Ask your employer about staying out of work while sick with the flu. In general, people should wait to return to work until they have had no fever for 24 hours without the use of fever-reducing medications.

Seek emergency medical care if you or an adult you care for becomes ill and experiences the following symptoms:

- Fast breathing or trouble breathing
- Chest pain
- Bluish or gray skin color
- Not able to drink enough fluids
- Not urinating as much as usual
- Severe or persistent vomiting
- Not waking up or interacting as usual
- Confusion
- Fever returns after being absent for a day, or a significant change in fever pattern occurs. For example, your fever was 101 degrees for several days and is now 103 degrees.

There are steps you can take to lower your chances of spreading the flu. These steps are as easy as 1-2-3.

1. Wash your hands often with soap and water or use an alcohol-based hand sanitizer. Use a household cleaner to clean items often touched, like doors and handles, keyboards, the computer mouse, phones and toys.
2. Cover your nose and mouth with a tissue when you cough or sneeze then throw it away. If you don't have a tissue, cough or sneeze into your inner elbow. Keep three to six feet of distance between yourself and other people. If you are sick, stay home. Remember, you spread the flu even if you are feeling better, up to five to seven days after.
3. Get a flu shot every year to lower your chances of getting or spreading the flu.

You should call your doctor immediately if you have symptoms of the flu and are pregnant, or if you have a health problem like diabetes, asthma or heart disease, as these conditions could be made worse by the flu.

If you would like more information on seasonal flu or H1N1 flu, please visit the Centers for Disease Control web site at www.cdc.gov/h1n1flu.