



Managing Your Flu Symptoms

If you are sick at home and suspect it's the 2009 H1N1 Flu, here are some things you should do:

- Stay home from work or school, do not travel, and separate yourself from other people as much as possible. If you can, wear a surgical face mask when in the presence of others.
- Stay home until you have no fever for at least 24 hours without the use of fever-reducing medicine. Younger children may be contagious for a longer period.
- If you are pregnant or have a health condition like diabetes, heart disease, asthma or emphysema, check with your doctor by phone about any special care that might be needed.
- Drink clear liquids, such as water, broth or sports drinks, to avoid becoming dehydrated. Electrolyte beverages are good for infants. Get plenty of rest.
- Fevers and aches can be treated with acetaminophen, ibuprofen, or anti-inflammatory drugs without steroids. If you have kidney disease or stomach problems, check with your doctor before using those drugs. **REMEMBER:** Children or teenagers should **not** take aspirin because that can cause a serious illness, Reye's Syndrome.
- Some over the counter cold and flu medicines can help relieve symptoms, but you will still be contagious. They also may include certain pain medications, so if you plan to use both, check to make sure you are not double dosing.
- If you have to leave your home for any reason, including treatment, wear a surgical facemask, when in the presence of others. Cover coughs and sneezes.

Get Medical Help If You:

- Have difficulty breathing or chest pains, or if you have purple or blue color in your lips.
- Are vomiting or can't keep liquids down.
- Have signs of dehydration, like dizziness when you stand or you aren't urinating.
- Have seizures, such as uncontrolled shaking.
- Feel you are confused or someone says you appear to be confused.

Note: Information is specific to schools. Guidance may vary in other work situations Guidance offered August 7, 2009.

For more information visit: www.cdc.gov/h1n1flu/guidance_homecare.htm