

H1N1: IMPORTANT INFORMATION

Know When to Go

... to your family doctor

1. If your child develops a fever, contact his or her pediatrician. Young children are at a higher risk of developing complications from H1N1.
2. If you are pregnant, tell your OB/GYN if you develop flu-like symptoms such as fever, cough and sore throat.
3. If you have a chronic disease such as heart disease, diabetes or asthma, tell your doctor if you are experiencing flu-like symptoms.

... to your local emergency department

1. If you believe you are experiencing a medical emergency,* either go to your local emergency department or call 911. The majority of H1N1 cases are not medical emergencies, and most people will recover on their own. Emergency departments cannot test for H1N1 or administer the vaccine when it becomes available, but they can treat you for problems such as difficulty breathing or high fever.
2. If your flu-like symptoms persist for more than one week **or** if your fever breaks without the aid of medication and then returns a day or two later, tell your doctor right away or go to your local emergency department.

*Medical emergencies include difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; seizures; and severe or persistent vomiting. In children, medical emergencies also include fast/rapid breathing or trouble breathing; bluish skin color; not drinking enough fluids; not waking up or not interacting; and being so irritable that he or she does not want to be held.

Protect Yourself, Your Family and Your Community

- Get vaccinated against the seasonal flu now and H1N1 when a vaccine becomes available.
- Avoid visiting a loved one in the hospital if you are experiencing flu-like symptoms.
- If you are experiencing flu-like symptoms, stay home from work or school and away from other public areas until your fever has broken for at least 24 hours without the aid of medication.
- Always wash your hands frequently and cover your coughs and sneezes.

Stay Connected

These important phone numbers and Web sites can help you stay informed about H1N1 in Contra Costa County:

Contra Costa Health Services

www.cchealth.org

Prerecorded Health Information Line: 1-888-959-9911

Twitter: @CoCoHealth

Facebook: Contra Costa Health Services

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