

What to **watch** for: Severe **"Flu"** Symptoms

Seek immediate medical care if you experience any of the following symptoms:

In Children:

- Fast breathing or difficult breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Flu-like symptoms improve, then return and worsen

In Adults:

- 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, then return and worsen



For More Information Call Your **Flu Hotline:**

1-888-9Panflu

(1-888-972-6358)

Anchorage residents can call the
local line: (907) 334-2292

Or visit

<http://www.pandemicflu.alaska.gov/>



What to **Do** with the **Flu**



**What to
watch for.**

**How to
treat it.**

How to **keep it
from spreading.**

What to watch for: Influenza “Flu” Symptoms

If you have some of the following symptoms chances are you have influenza, or “the flu:”



Fever



Sore Throat



Headache



**Cough &
Runny Nose**



Tiredness



Body Aches



**Diarrhea &
Vomiting**
(in some people)

How to treat it.

If you are infected with an influenza, or “flu,” virus you may be ill for a week or longer. The best treatment can be found in just three words:

Home Sweet Home

- Rest
- Drink lots of water
- Take over the counter medications for fever and congestion as needed
- Call your health care provider if you have questions

How to

keep it from spreading.

- Stay home and avoid contact with others for 7 days or as long as you have symptoms.
- If you need to leave the house to seek medical care, wear a mask, or cover your coughs and sneezes with a tissue.
- Wash your hands or use waterless hand cleaner frequently.



Currently, the Center for Disease Control (CDC) believes that the H1N1 virus (swine flu) is similar to other flu viruses. Most people will recover from a flu virus without needing medical care.