

Flu-Like-Illness

The symptoms of H1N1 flu are much like those of regular, seasonal flu. That is, you may have a fever, sore throat, cough, body aches, runny nose, chills and fatigue. Some people may also have nausea, vomiting, and diarrhea. If you are sick, you may be ill for a few days. Below are some instructions that are important to follow if you become ill.

FLU INSTRUCTIONS

1. **Stay home** from school and/or work
2. Increase **rest**
3. Drink plenty of **liquids** /avoid alcohol and tobacco
4. May use **Tylenol** or **Ibuprofen** for fever, headache, body aches
5. May use over-the-counter cold/flu medications
Pseudoephedrine is a good over-the-counter decongestant which can be obtained from the pharmacist with a picture ID
6. May return to work/school when fever-free for 24 hours without fever- reducing medications
7. **Seek medical attention** if experiencing breathing difficulties, chest pain, sudden dizziness, confusion or severe/persistent vomiting.