

# STOP the Spread of H1N1 ... *get immunized!*

## Influenza Symptoms

- > Symptoms may appear within a few days of becoming infected.
- > Rapid onset of symptoms may include: fever, cough, chills, headache, sore throat, runny nose, muscle aches and fatigue.
- > Some people may also experience nausea, vomiting or diarrhea.

### Seek Medical Advice

- > If you or your child become ill with influenza symptoms **AND** have one of the following conditions: diabetes, kidney or heart disease, asthma or other lung disease, suppressed immune system, blood disorders, pregnancy, or severe obesity.
- > If you or your child experience:
  - shortness of breath or difficulty breathing
  - chest pain
  - dizziness and confusion
  - high fever lasting more than 2 days
  - persistent or severe vomiting

### In addition to these symptoms, other signs of serious illness in children include:

- not eating or drinking enough (only 1-2 wet diapers in 12 hours)
  - not wanting to be held
  - irritability
  - bluish lips
  - being hard to wake up
- > You do not need to see a doctor if your symptoms are mild and your health is improving.