



STOP the Spread of H1N1

Understanding influenza symptoms and self care

Mild influenza-like illness does not usually require medical care – most people recover after approximately one week. If you or your child experiences **fever, chills, headache and muscle aches, cough, sore throat, or a runny or stuffy nose**, you may have a mild case of influenza. Treat yourself and your family at home as much as possible to ensure health-care resources are available for those who need it most. **Stay home, rest, drink plenty of fluids and wash your hands frequently.**

If you experience influenza-like symptoms **AND** are pregnant, very overweight, or have an underlying health condition – heart, kidney, liver or renal diseases; diabetes; asthma or chronic lung disease; blood or neurological disorders; and immune deficiencies – your symptoms may be more severe. Please seek the following medical care:

- Call HealthLine at 1-877-800-0002; and/or
- Call or visit your family physician; and/or
- Visit a walk-in clinic if you are unable to access your family physician.

Seek emergency medical care if you have influenza symptoms **AND** any of the following:

CHILDREN

- Fast or difficulty breathing
- Stiff neck
- Seizure
- Gray skin colour and/or blue lips
- Dehydration (drinking little fluid and not urinating at least every six hours when awake)
- A temperature greater than 38.5°C if less than six months old
- Extreme irritability and cannot be calmed down
- Listlessness and does not play with toys
- Confusion or reduced levels of consciousness (difficult to wake up, limp or unable to move)

ADULTS

- Difficulty breathing
- Chest pain or pressure
- Sudden dizziness
- Confusion or reduced levels of consciousness (difficult to wake up, limp or unable to move)
- Severe or persistent vomiting or diarrhea
- Flu-like symptoms that improve and then suddenly get worse

Clients who visit the Emergency Department are not seen in order of arrival, but based on the severity of their illness.



For information on H1N1, self care tips and immunization clinics, visit:

saskatoonhealthregion.ca/pandemic



Healthiest people ~ Healthiest communities ~ Exceptional service