

What to do if you think you have the flu

It's probably the flu if

- you have cough and fever that came on suddenly, accompanied by some or all of these common symptoms:
 - > sore throat, headache, significant fatigue, muscle aches and joint pain

People can also sometimes experience nausea, vomiting and diarrhea.

Some people may *not* have a fever, especially young children, the elderly or those who have weakened immune systems.

If your symptoms are mild, treat your fever, rest, drink plenty of fluids, and stay home until you feel well. Call 811 if your symptoms worsen.

Is it a cold or the flu?

A cold is a mild infection of the upper respiratory passages caused by a variety of viruses. A cold may last for a week and symptoms include a runny nose, stuffy nose, cough and sore throat. A person with a cold will not usually have a headache, fever or muscle aches.

Rest and pay attention to your symptoms in case they get worse.

See a Health Care Provider or call 811 today if

- you have flu symptoms and you belong to a group at risk of developing complications, such as:
 - > pregnant women, children under two, adults over 65 years, and those with a weakened immune system, chronic illness or obesity issues
- you have fever lasting more than 3 days
- you have increased trouble breathing

Treatment within 24 – 48 hours may be very important. If you plan on seeing your Health Care Provider, call ahead first.

Be prepared

- Always have the following items at home:
 - > tissues, soap and water, ibuprofen (e.g. Advil®) or acetaminophen (e.g. Tylenol® or Tempra®) **Important:** do not give ASA (e.g. Aspirin®) to children or teens
- Plan for someone to look after or check in on you or your children.
- Offer the same support to them.

It's an emergency if

- you have the flu and one or more of the following symptoms:
 - > shortness of breath (wheezing, difficulty breathing)
 - > chest pain
 - > drowsiness, confusion, disorientation or difficulty being roused
 - > dehydration / no urination for 12 hours
 - > fever in an infant less than 3 months old

Go to emergency or your community health centre immediately (if possible call ahead first). If necessary, call 911, or (EMS) Emergency Medical Services in the communities.

Flu prevention practices

- Wash your hands.
- Cough or sneeze into your elbow.
- Clean shared surfaces.

For more information or health related questions on H1N1, call the Yukon Healthline at 811, or go online to www.fightflu.ca or www.hss.gov.yk.ca