

# H1N1 Flu Virus: When to seek medical care

Most people who get the H1N1 Flu Virus will not be sick enough to need medical care and can be looked after at home.

Use these guidelines to help decide when you can safely look after yourself and your loved ones and when to seek medical care.

To avoid spreading the flu virus:

- Wash your hands frequently
- Cough and sneeze into your elbow and not your hands
- If you are sick, stay home
- Keep commonly touched surfaces (door knobs, handrails) clean
- Get vaccinated

## More information

[www.fraserhealth.ca](http://www.fraserhealth.ca)

[www.healthlinkbc.ca](http://www.healthlinkbc.ca) or 8-1-1

### When to stay home

No fever, but does have these symptoms:

- Sore throat
- Stuffy/runny nose
- Mild or moderate cough
- Tired

#### ADVICE

- Probably a cold
- Rest at home

Fever over 38° C (100.4°F) with these symptoms:

- Cough
- Sore throat
- Headache
- Very tired
- Muscle aches

#### ADVICE

- Probably the flu
- Rest at home
- Call 8-1-1 for advice, if needed

### When to contact your doctor

AT RISK FOR COMPLICATIONS

- Children under 2 years old
- Pregnant women
- People with chronic health conditions (e.g. asthma, diabetes, heart disease)

#### ADVICE

- Consult your doctor to discuss flu management plan **BEFORE** you become ill, **or if you develop flu symptoms**

### Go to emergency, call 9-1-1 if necessary

- Difficulty breathing or short of breath
- Blue lips
- Severe neck stiffness
- Confusion, difficulty waking
- Convulsions
- No urination for 12 hours
- Fever in infant under 3 months

#### ADVICE

- Go to emergency immediately