

# Swine Influenza (H1N1)

## Precautions & Symptoms



# Precautions

To limit the spread of germs and prevent infection:

- Wash your hands often
- Avoid touching your eyes, nose, or mouth
- Avoid contact with sick people
- Cover coughs & sneezes with tissues
- Stay home from work or school if you become ill
- Get plenty of rest and strive to stay healthy



# Do Not Panic

Although the Swine Influenza has been designated as a Pandemic Level 5, take into consideration that there are approximately 36,000 deaths each year in the United States due to seasonal influenza.



# Do Not Panic

Continue to go about your daily activities, and continue to send your children to school. Any closings of businesses, schools, etc. will be coordinated through the City of Ann Arbor Office of Emergency Management, and the Washtenaw County Public Health Department. The most important thing you can do for yourself, your family, and your community is to not panic.



# Symptoms

If you become ill and experience the following symptoms, it is recommended that you contact your health care provider, particularly if you are worried about your symptoms:

Fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea.



# Additional Symptoms

Emergency warning signs that need urgent medical attention include the following:

## Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

## Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

