



H1N1 NOVEL FLU PATIENT INFORMATION

WHAT IF I GET THE SWINE FLU?

1. First step—find your thermometer, or buy one. Every household should have one, as well as a supply of beverages and easy-to-eat foods, and over-the-counter medication, such as ibuprofen or acetaminophen.
2. Not everybody needs treatment. Most healthy people can just stay home and rest, drink fluids, and take over-the-counter medicine for the fever if needed.
3. If you are very elderly, or have a chronic illness that increases your chance of “catching things” please contact your healthcare provider at the first sign of symptoms. He/she might prescribe “anti-viral” medications.
4. Check your temperature with a thermometer. Keep track of your temperatures. Your doctor might ask.
5. Clean your hands after coughing, sneezing, blowing your nose. Alcohol based gels or foams are convenient and work well. You can carry them with you.
6. Stay home if possible. If you must go out among other people, such as to the doctor’s office, or the pharmacy, please wear a mask, to do your part to stop the spread of the flu and to protect the public.
7. If you are sick enough to be bed-bound, please stay in touch with family or a friend, so if things get serious, you won’t be isolated. Better yet, have someone come stay with you!
 - a. Change your position in bed frequently. NOT MOVING contributes to dehydration, pneumonia and urinary tract infections!
 - b. Get up every couple of hours to eat a little, have a beverage, use the restroom.
 - c. Here are some signs of complications that must not be ignored: Call your doctor!
 - High fever
 - Shortness of breath or can’t stop coughing
 - Gray/blue skin color especially around lips
 - Mental confusion
 - Extreme weakness
 - Lack of urination