



Wyoming  
Department  
of Health

Commit to your health.

# What to Do If Flu Gets You

Swine flu (novel H1N1) is a new influenza virus strain causing illness in much the same way as the seasonal flu viruses we see every year. Most people who get swine flu or seasonal flu recover after a few days; however, a few do get seriously ill.

## What are the symptoms of swine flu?

- ✓ Fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting.

## What should I do if I think I have swine flu?

- ✓ In general, people who develop influenza-like illness should stay home from work, school, or travel until at least 24 hours after they are free of fever to keep from getting other people sick.
- ✓ If you have severe illness or are at high risk for flu complications, contact your healthcare provider or seek medical care.

## When is urgent medical help needed?

*In 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

*In adults:*

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

*Ask a medical professional if you have concerns or questions.*

More information is available online at [www.health.wyo.gov](http://www.health.wyo.gov). 8/09