

Updated December 18, 2009



H1N1 (Swine) Flu Update

DHHS Makes H1N1 Vaccination to Available to the General Public

On December 17, the State of NH Department of Health and Human Services moved to Phase IV distribution of H1N1 vaccine, making it available to the general public.

The Greater Plymouth All Health Hazards Region is coordinating local H1N1 Flu Clinics. For more information please visit their web site: www.plymouthpublichealth.com

What should I do if I, or someone in my family, gets sick?

If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting and diarrhea, it is recommended that you **stay home at least 24 hours after your fever is gone**, except to get medical care or for other necessities. You may want to contact your healthcare provider, particularly if you are worried about your symptoms. Your healthcare provider can determine whether influenza testing or treatment is needed.

Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

What are the signs and symptoms H1N1 flu?

The symptoms of H1N1 flu virus in people are similar to those of regular seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people have reported diarrhea and vomiting associated with the H1N1 flu virus. Severe illnesses and death has occurred as a result of illness associated with this virus.

What are the emergency warning signs of severe illness?

In **children** emergency warning signs that need urgent medical attention include:

- 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** the emergency warning signs that need urgent medical attention include:

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

Source: New Hampshire Department of Health & Human Services. www.nh.gov/h1n1/
For additional information visit www.flu.gov