

If Someone You Care for Gets the Flu

Fact: A pandemic flu outbreak happens when a new virus (like H1N1) appears and spreads easily and quickly because people don't have immunity to it – and often causes more serious health effects than regular seasonal flu.

If Someone You Care for Might Have the Flu

- ✓ Contact your health care provider immediately* and follow their directions. Those considered at high risk for the novel H1N1 virus include pregnant women, children and young adults from 6 months to 24 years, and people 25 to 64 years with underlying medical conditions.
- ✓ Begin treatment early – it may shorten the time they are sick or lesson the flu's severity.
- ✓ Use fever-reducing medicine and cough or cold medicines. Be sure to check your health care provider before giving medicines to infants or young children
- ✓ Keep them home from work or school and do not let them leave the house except for medical care.

** Only a physician may determine if you have the flu and whether it is the novel H1N1 virus or the seasonal flu.*



If Someone You Care for Has the Flu

- ✓ Follow your health care provider's instructions
- ✓ Have them stay in a separate room in your house if possible
- ✓ If they need to be around other people have them wear a face mask
- ✓ Make sure they use a tissue or their sleeve to cover coughs and sneezes
- ✓ Have them clean hands often with soap and water or hand sanitizer
- ✓ Have them avoid touching other family members things (dishes, toys, etc.)

Protecting Yourself and Your Family

- ✓ Limit the sick person's contact with family members
- ✓ Have everyone wear face masks
- ✓ Wash hands or use hand sanitizer frequently
- ✓ Keep household surfaces clean and disinfected
- ✓ Check often for symptoms of the flu in yourself and family members

For more specific (insert county here) flu information, visit
www.nwopandemicflu.org