

Novel H1N1 Influenza Preparation Checklist (Previously known as Swine Flu)

Every day:

- ✓ Wash your hands! Use soap and water or alcohol hand gels.
- ✓ Cover your cough with a tissue or your elbow. Do not cough or sneeze into your hand.
- ✓ Avoid touching your eyes, nose and mouth.

Before the flu season:

- ✓ Get the seasonal flu shot (if recommended by your doctor).
- ✓ Get the pneumonia shot (if recommended by your doctor).
- ✓ Get the Novel H1N1 Influenza flu shot (if recommended by your doctor).
- ✓ Prepare to stay home if you or family members are sick. This means to have medicine, food and water ready at home. This is just like preparing for a hurricane! Go to www.texasprepares.org for more information.
- ✓ If you don't have a doctor now, find one. Don't wait until you get the flu to find a doctor.

If you or a family member gets sick:

- ✓ Stay Home!! Sick people should stay home until they are fever-free for 24 hours without medication.
- ✓ Do not give aspirin to children.
- ✓ Most people do not need to go to the doctor for the flu. A low fever with nasal congestion is not the flu.
- ✓ These people should always call their doctor if they have the flu: children under the age of 5, pregnant women, adults over the age of 50, and anyone of any age that is immune compromised or has a chronic health condition such as asthma or diabetes.
- ✓ **These people should call their doctor immediately:**

Adults with difficulty breathing, pain in the chest or stomach, sudden dizziness, confusion, vomiting that won't stop, or flu symptoms that went away and then came back with a higher fever and worse cough.

Children with fast breathing, difficulty breathing, bluish or gray skin color, not drinking enough fluids, not waking up or not acting normally, vomiting that won't stop, fever with a rash, being so irritable that the child does not want to be held, or flu symptoms that went away and then came back with a higher fever and worse cough.

IF A DOCTOR IS NOT AVAILABLE, GO TO THE EMERGENCY ROOM

For more information:

www.cdc.gov/H1N1FLU

www.flu.gov

www.texasflu.org