

H1N1 WHAT TO DO Quick Guide

	Assess your situation	Where you should go for care
EMERGENCY	DANGER SIGNS: If you or your child has:	EMERGENCY DEPARTMENT
	<ul style="list-style-type: none"> • Shortness of breath at rest or when doing very little • Rapid or difficult breathing • Extreme pain or pressure in the chest or stomach • Vomiting that is severe or does not stop • Confusion or seizure 	<p>RIGHT AWAY</p> <p>TIP: For more severe symptoms, or if you have no way to get to the hospital quickly, call 911.</p>
MEDICAL CARE	WORRY SIGNS:	DOCTOR'S OFFICE OR CLINIC
	<p>If you or your child:</p> <ul style="list-style-type: none"> • Was feeling better but then started feeling worse • Is not getting better after several days • Seems dehydrated – dark urine, or few wet diapers • Is feeling very weak or dizzy 	<p>TODAY</p> <p>Call your care provider or Health Links-Info Santé (204-788-8200) for advice or if you are not sure where to go.</p>
MEDICAL CARE	PEOPLE AT RISK FOR SERIOUS ILLNESS:	DOCTOR'S OFFICE OR CLINIC
	<p>If you or your child has typical H1N1 symptoms, and one or more of the following risk factors for getting seriously ill:</p> <ul style="list-style-type: none"> • Age younger than 5 years • Chronic heart, lung, kidney or liver disease needing regular medical care • An illness like diabetes or cancer or an illness or medication that lowers the immune system • Asthma • Pregnancy • Aboriginal ancestry • Obesity • Smoking or alcohol/substance use • Age 65 years or older 	<p>WITHIN A DAY</p> <p>Call your care provider or Health Links-Info Santé (204-788-8200) for advice or if you are not sure where to go.</p> <p>TIP: Antiviral medications such as Oseltamivir (Tamiflu®) work best if given early - within 24-48 hours from when symptoms start. You or your child should be seen as soon as possible if you have risk factors in case antiviral medication is needed.</p>
SELF-CARE	BE WATCHFUL:	OKAY TO STAY
	<p>If you or your child has typical H1N1 symptoms, but none of the above risk factors for getting seriously ill (<i>i.e., children 5 years or older or adults younger than 65 with no chronic conditions or risk factors</i>) and none of the danger or worry signs of more serious illness.</p>	<p>Take care of yourself at home. If you have questions, call Health Links-Info Santé at 204-788-8200.</p> <p>TIP: Watch for signs of more serious illness starting, or not getting better after a few days.</p>

Typical H1N1 FLU symptoms	
ALMOST ALWAYS	Fever • Cough
COMMONLY	Sore throat • Muscle aches • Joint pain • Headaches • Fatigue
SOMETIMES	Nausea • Vomiting • Diarrhea

For more information please visit ...

www.wrha.mb.ca



Winnipeg Regional Health Authority
Caring for Health

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À l'écoute de notre santé