

Worried about H1N1 FLU?

Here's what you should do.

IF YOU ARE	AND YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4°) plus cough or sore throat	<u>Stay home and call your doctor.</u>
*At higher risk of flu complications	Fever (100.4°) plus cough or sore throat	<u>Call your doctor</u> to talk about whether you need medicine for the flu.
Anybody with severe illness <u>like difficulty breathing</u>	Fever (100.4°) plus cough or sore throat	<u>See a doctor</u> right away. If you call 911, say you may have severe flu.

*People at higher risk of flu complications are:

- * Pregnant women
- * Persons who live with or provide care for children younger than 6 months of age
- * Healthcare and emergency medical services personnel
- * All people from 6 months through 24 years of age
- * Persons aged 25 through 64 years who have medical conditions that put them at higher risk for flu complications (i.e. asthma, diabetes, immunocompromised)

These will also be the groups targeted for vaccine as soon as it arrives



Nebraska Department of Health and Human Services

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