



## Home Care for the Flu

Most people with the flu recover without medication. The following information can help you provide safe at-home care for family members with the flu.

- Get plenty of rest in bed
- Drink clear fluids to stay hydrated
- Acetaminophen (or other products that do not contain aspirin) can reduce fever and body aches
- DO NOT give children with the flu any aspirin or aspirin-containing products
- Check with your doctor about antiviral medicine if you are pregnant or have a health condition such as diabetes, heart disease, asthma or emphysema
- DO NOT buy anything on the internet that claims to diagnose, prevent, treat or cure the H1N1 virus—ALWAYS ask your doctor about medicines

## Emergency Warning Signs

If you or your child is ill and experience any of the following symptoms or signs, seek emergency medical care immediately.

### Concerns in Children

Fast breathing or trouble breathing  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Not waking up or responding to caregiver  
Irritability and not wanting to be held  
Bluish or gray skin color

### Concerns in Adults

Difficulty breathing or shortness of breath  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Confusion  
Sudden dizziness  
Pain or pressure in the chest or stomach

**For more information or vaccine locations, please call the Flu Hotline at 1-602-372-3996 or 877-764-2670 or go to [www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)**