



Flu H1N1 Prevention, Symptoms and Treatment

Flu season is likely to start earlier and be more widespread this year. The 2009 H1N1 influenza virus that triggered the April 2009 outbreak and caused only mild illness will likely be the major strain. Standard strains of the flu will also be circulating, and there is a chance that the flu (seasonal and 2009 H1N1) could cause more severe illness.

Flu symptoms include fever or chills *and* cough or sore throat. Symptoms may also include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. It is hard to tell if someone who is sick has the 2009 H1N1 flu or seasonal flu.

Prevention will play a very key role this year. Prevention includes protecting yourself and NOT spreading the disease to others. Here's what you should do:

Prevent:

- **A cough or sneeze may be the first symptom of illness.** Therefore, cough or sneeze into your arm or elbow region covering your mouth and nose. Throw used tissues in the trash.
- **If you develop flu symptoms, make arrangements to go home as soon as possible.**
- **Stay home until at least 24 hours after you no longer have fever** (100 degrees Fahrenheit) or signs of a fever (chills, feel very warm, have a flushed appearance, or are sweating). Checking for absence of a fever should be determined without the use of ibuprofen or acetaminophen.
- **Hand washing protects yourself and others**, so wash your hands often, especially after you cough or sneeze, or:
 - Before and after preparing food or eating.
 - After using the restroom.
 - Before and after touching your nose, eyes or mouth.
 - After you've been in contact with commonly touched surfaces such as keyboards, phones, doorknobs and handrails.
- **Wash hands with soap and water for at least 20 seconds.**
 - Use alcohol-based hand cleaners if soap and water are not available.
- **Avoid touching your eyes, nose, or mouth to prevent spreading germs.**

Get Well:

- Most healthy people recover from the H1N1 or seasonal flu without complications. **If you get the flu, it's important that you:**
 - Stay home from work or school.
 - Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
 - Relieve the symptoms of the flu with appropriate over-the-counter medications, or as directed by your doctor. ***However, **never give aspirin to children or teenagers who have flu-like symptoms, particularly fever.**
 - **If you're at risk for serious complications**, consult your provider as soon as you can for recommendations for antiviral medications if you've been exposed to someone who likely has 2009 H1N1. You are considered **high risk** if you: Are under the age of 5 or over 65, Are



pregnant, Have a chronic medical condition, such as pulmonary disease, asthma, diabetes, neuromuscular disorders, heart disease, or a compromised immune system.

Flu Prevention, Symptoms and Treatment Cont'd

Here are the warning signs that the sick person needs urgent medical attention:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

* It's important to note that the influenza virus can be unpredictable, and that the CDC's recommendations are subject to change. Visit these websites for current education:

<http://www.cdc.gov/flu/>

<http://www.GetWellQuick.com>

* Follow our sinus congestion home care and immune system home care! Click on the **"Self Help Topics"** Tab on the left side column of our home page

* Learn Tips like staying well hydrated at home with water, caffeine free drinks, natural juices (not high fructose, corn syrup or sugar added artificial drinks), hot tea and clear broth soups (chicken noodle, wonton soup)

Watch Dr. Gottlieb
on the
Raleigh Chiropractor Channel on



for self help topics!

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