

FactSheet

Para Su Información

2009 H1N1 Flu Information for Parents and Caregivers

What is H1N1 Flu?

2009 H1N1 is a type of influenza (flu) virus that causes respiratory disease that can spread between people.

Most people infected with this virus in the United States have had mild disease. Young children, pregnant women and people with chronic diseases may be at higher risk for complications from this infection.

What are the symptoms?

In most children, the symptoms of H1N1 flu are similar to those of seasonal flu: fever, cough, sore throat, body aches, headache, chills and fatigue. Occasionally, children also experience vomiting and diarrhea.

Young children may not have typical symptoms, but may have difficulty breathing and lower than normal activity levels.

How do I keep my family healthy?

Flu viruses spread when a person coughs or sneezes, or touches contaminated objects. To prevent the spread of germs that cause flu:

- Teach your children to wash their hands frequently with soap and water for 20 seconds.
- Teach your children to cough and sneeze into a tissue or into the inside of their elbow.
- Teach your children to keep a safe distance from people who are sick.

What do I do if my child is sick?

- Keep your child home from school and away from other people until he or she is better. If

your child exhibits flu-like symptoms, he or she should remain at home until at least 24 hours after the fever is gone without the use of fever-reducing medications.

- Have him or her drink a lot of liquid, such as juice or water.
- Keep your child comfortable. Rest is important.
- Consult your doctor about the recommended use of pain or fever-reducing medications for your child's age.

If your child experiences any of the following warning signs, seek emergency medical care:

- Fast breathing or trouble breathing (call 911 immediately)
- Bluish or gray skin color (call 911 immediately)
- Not drinking enough fluids
- Not waking up or not interacting
- Being irritable and not wanting to be held
- Not urinating or producing tears when crying
- Flu-like symptoms improve but then return with a fever and a worse cough or fever with a rash
- Severe or persistent vomiting

Contact your doctor for medical or treatment advice. For more information, go to www.cdc.gov or www.SouthernNevadaHealthDistrict.org



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Updated 9-09