

FLU FACTS

Most people who get the flu – seasonal or H1N1 – will recover without serious complications.

Treatment with antibiotics and antiviral medications is generally not needed and will not be prescribed unless needed.

There's no place like home when you have the flu.

Doctors say home is the best place to recover from the flu.

- Take over-the-counter medication for symptom relief and as needed for fever and pain.
- Drink clear fluids (water, broth, sports drinks, electrolyte beverages for infants).
- Children under 4 should not be given over-the-counter medicine without approval of a health care provider.
- Stay home for at least 24 hours after fever is gone.
- Wash your hands frequently!

How to know when to go:

Seek emergency medical care if you experience any of the following:

For Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe vomiting
- Not waking up or not interacting
- Too irritable to even be held
- Flu-like symptoms improve but then return with fever and worse cough

For Adults:

- Trouble breathing or shortness of breath
- Severe pain or pressure in chest or tummy
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

If you have flu-like symptoms and are in a high-risk group (pregnant, less than 5-years-old or have a chronic disease) contact your physician.

Call Campbell County Memorial Hospital's Ask-A-Nurse at (307) 688-1111 if your doctor's office is closed and you have questions or concerns. You may also visit www.ccmh.net or www.cdc.gov/flu

