

## H1N1 INFLUENZA PATIENT INFORMATION Q & A

**1. *What are H1N1 influenza symptoms?***

- Fever of >100F (37.8 C) /chills **AND** in the absence of another cause
- Cough and/or
- Sore throat
- Nasal congestion or rhinorrhea

**2. *When should I make an appointment and be seen?***

If you have **mild** symptoms, you are advised to **stay home**.

You should be seen if you are experiencing:

- 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
- Not drinking enough fluids

**3. *How long should I stay home if I have influenza like symptoms?***

Stay home 24 hours after resolution of fever and other acute symptoms. Certain groups such as health care workers and persons working with preschool children are required to stay home for a full 7 days.

**4. *Who should have a Rapid Flu or H1N1 testing done?***

This is not recommended because of significant limitations in the interpretation of a positive and negative flu test result. Treatment and infection control recommendations should be based on symptoms and underlying health conditions, independent of influenza testing.

**5. *Who should be treated with an antiviral agent?***

- Persons who have symptoms of H1N1 influenza and are at high risk for complications should be treated as soon as possible
- Persons with mild symptoms of H1N1 should be advised to stay home. Persons with mild symptoms and who are not at high risk for complications often do not require antiviral treatment

**6. *Who should be treated prophylactically (before they are sick)?***

Prophylactic treatment is generally being de-emphasized in favor of treating those who are actually sick.

**7. *If I suspect I have been ill with H1N1, should I still get an H1N1 flu shot?***

Yes. As long as you do not have a fever or are severely ill (vaccination may take place if mild symptoms)

**8. *Can I receive the seasonal flu vaccine and the H1N1 flu vaccine at the same time?***

YES, with one exception.

Seasonal flu mist and H1N1 *flu mist* can not be given at the same time. If you want to receive flu mist for both, they should be given at least 4 weeks apart.

**9. *Is there anything I should do if I live with or have household contact with someone at high risk?***

Instruct anyone who is at high risk to call their primary care provider as they may need treatment.