

# Could it be the flu?

## What you should know. What you should do.

H1N1 and seasonal flu are expected in Manitoba this fall and winter. If you feel ill, use the guidelines below to help you decide what to do.

### It's probably not the flu...

If you **have not had a fever** – even if you have one or more of these symptoms:

- sore throat
- runny nose
- stuffy nose

Whether or not it is the flu, you should always pay attention to your symptoms in case they get worse and need medical care.

### It could be the flu...

If you have a **fever over 38°C (100.4°F)** that came on suddenly, a **cough** and one or more of these symptoms:

- sore throat
- muscle aches
- joint pain
- tiredness or fatigue

Children may also feel sick to their stomach, vomit or have diarrhea. Elderly people and people with lowered immunity may not have a fever.

If your symptoms are mild and you don't have risks for severe illness (see below), stay home, treat your fever and other symptoms, drink fluids and rest until you feel well enough to return to work or school. Most people recover from the flu without any problems.

### Contact your health care provider...

- If you have **flu symptoms and risks for severe illness** (eg. chronic illness, weakened immune system, obesity, alcoholism, substance abuse, smoking, pregnancy, Aboriginal ancestry). Children under five and adults under 65 have been at greater risk for severe H1N1 illness.
- If your **flu symptoms get worse (even if you don't have risks for severe illness)** or if you are concerned about your health – even if you have already seen your doctor about this illness.
- **Early treatment (within 24 to 48 hours) may be very important.** If you are not able to contact your health care provider for advice or care, you can call **Health Links-Info Santé** at **788-8200** or **1-888-315-9257**.

### Go for emergency medical help...

If you or a loved one has **any of the following symptoms**, go directly to an emergency room, nursing station, or health care provider, or call 911:

- shortness of breath or difficulty breathing
- drowsiness or confusion
- severe weakness
- fever in an infant under three months old
- dehydration or no urination for 12 hours

### Preparing a home flu kit

Make sure you have the following items in your home:

- thermometer
- ibuprofen (eg. Advil®) or acetaminophen (eg. Tylenol® or Tempra®) — **do not give ASA (eg. Aspirin®) to children and teens**
- facial tissues
- soap and water

Plan for someone to look after you or your children if you are ill and offer to provide them with the same support. You should also identify family members, friends or neighbours who may be living alone and call them regularly to see if they need help dealing with the flu.

For up-to-date information about H1N1 and the Manitoba government's pandemic plan, visit the **flu website at: [manitoba.ca](http://manitoba.ca)**.

**For personal health advice call your health care provider or call Health Links-Info Santé at **788-8200** or **1-888-315-9257** (toll-free).**

