

Citizen's Swine Flu Checklist

If you have a flu-like illness including:

Fever of at least 100° F (37.8° C) **AND** Cough or Sore Throat

AND

History of travel to an affected area within 7 days of illness onset

or

Contact with an ill person fitting the above travel description
within 7 days of illness onset

Stay home and CALL your doctor

IF no link to affected areas or travelers from affected areas, but you are mildly sick with flu-like symptoms — **STAY HOME** and recover, unless you have the following worrisome **WARNING SIGNS**:

In children—emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults— emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Common Sense Precautions Include:

- Wash your hands often, especially after coughing, sneezing and wiping or blowing your nose
- Cover your mouth when coughing or sneezing
- Use paper tissues when wiping or blowing your nose: throw tissues away after use
- Stay away from crowded living and sleeping spaces, if possible
- Stay home and avoid contact with other people to protect them from catching your illness

For more information please visit the Kent County Health Department website at: www.kenthd.org or call the public information line at (410) 778-1350, press option 6