

H1N1 (swine flu)

What is H1N1 Flu?

H1N1 flu is a type A influenza virus. It spreads when people who have the virus, cough and sneeze. Young children less than 5 years old and anyone with a chronic condition such as lung, heart, kidney, neurological or an immune problem are at higher risk for more severe illness.

What are the symptoms my child may have with the flu?

- Fever
- Cough, sore throat and runny nose
- Body aches or headache
- Chills and feeling tired
- Vomiting and diarrhea

Are tests needed?

Your doctor or nurse will decide if testing is needed. If it is needed, a small q-tip is wiped in the nose and sent to the lab. **The results will be back in 24 to 48 hours. You will be called only if the test results are positive for influenza A.**

How is it spread?

Coughing, sneezing or touching something that someone with the flu has touched all spreads the germs. To prevent spreading H1N1:

- **Cough or sneeze into your sleeve or cover your nose and mouth with a tissue when you cough or sneeze.** Throw tissues in the trash after you use them. Wash your hands and avoid touching your eyes, nose or mouth.
- **Wash your hands often and for at least 20 seconds** with soap and water. Wash your hands after you cough or sneeze. Alcohol-based hand cleaners are also helpful.
- Try to avoid close contact with sick people. Staying at least 6 feet away from someone that is sick can help. If you or your child is sick, you need to stay home from work or school for as long as the symptoms last. This can be as long as 7 days in adults and even longer in children.
- Talk with your doctor about getting a yearly flu shot for your child.

How is it treated?

It is best to stay home, treat the fever, rest and drink fluids. If testing is done, the results of the test will help to figure out what treatment is needed. Anti-viral medicines are not needed for most flu viruses.

If medicine is needed, it fights against the flu by stopping the viruses from reproducing in the body. The medicines do not kill the virus. They make the illness milder and may help your child feel better faster. They may also prevent more serious problems.

What do I need to know if antiviral medicine is ordered?

- Shake the liquid form of the medicine before giving.
- Use the measuring device that comes with medicine.
- A common side effect is an upset stomach, so take it with food or something to drink.
- Feeling dizzy may be a side effect. Have your child get up slowly and watch them carefully when on the stairs.
- Do not share the medicine with anyone else.

Where can I learn more about the H1N1 flu?

- www.pandemic.wisconsin.gov
- www.flu.gov
- www.cdc.gov/swineflu
- 1-800-CDC-INFO
- Children'sFluFighters.com for more flu fighting tips for kids

ALERT: Call your child's doctor, nurse or the ER if you have questions or concerns or if your child:

- Is breathing fast or has trouble breathing. **Call 9-1-1 if skin color looks blue.**
- Is not drinking enough fluids.
- Has severe vomiting.
- Does not wake up or does not interact.
- Is fussy and does not want to be held.
- Has flu-like symptoms that went away but come back with fever and a worse cough.
- Has a fever with rash.

If your child seems sicker or has these symptoms you may need to go to the ER.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.