



H1N1 Flu (Swine Flu)

Billings Area Indian Health Service
Office of Health Care Programs



What are the **Warning signs** of Swine Flu? When should I **Seek Emergency Medical Care**?

CHILDREN

Emergency warning signs that need urgent medical attention include:

- FEVER [99-104 Degrees] Over 3 Days
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or Persistent Vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Fever & Symptoms Improve and then RETURN and is worse.

Seek Medical Attention Immediately

CALL Health Care Provider When Child Displays any Symptoms AND Child Has:

- Other Medical Conditions (asthma, diabetes, heart or neurological problems)
- Is Not DRINKING enough fluids
- Is Under 5 Years Old

ADULTS

Emergency warning signs that need urgent medical attention include:

- FEVER [99-104 Degrees] Over 3 Days
- Difficulty breathing or shortness of breath. **Pain in Chest** while breathing.
- Pain or pressure in the chest or abdomen
- Sudden Dizziness
- Confusion
- Severe or persistent Vomiting
- Coughing up BLOOD
- Become UNABLE to Walk or Sit Up
- Fever & Symptoms Improve and then RETURN and is Worse.

Seek Medical Attention Immediately!

STOP the Spread by:

- **Washing** Hands Frequently
- Cough into Tissue or Crook of Elbow
- **Stay Away** from Large Crowds of People
- Stay AWAY from **SICK** People



For more information on the H1N1 Flu!

Go to <http://cdc.gov/h1n1flu/>
Or www.flu.gov



Contact Local Service Unit:

Seasonal Flu Shots Now Available
2009 H1N1 Coming Soon