



H1N1 Flu (Swine Flu)

Billings Area Indian Health Service
Office of Health Care Programs



What should I do if I get sick?

Stay home (Self Isolate)

Avoid Clinic as long as you can.

If you live in areas where people have been identified with new H1N1 flu and become SICK with *influenza-like symptoms*:

- **FEVER** [99 to 104 degrees]
- **Feeling Cold or Chills**
- **Head/body aches**
- **runny or stuffy nose**
- **sore throat/cough**
- **nausea**
- **vomiting or diarrhea**
- **Feeling tired**

Avoid contact with other people, except to seek medical care.

If **Fever** is more than 3 days and **Symptoms** get **Worse** **SEEK Immediate Medical Attention!!**

*High Risk Populations

- Pregnant Women
- Young Children
- Patients w/ Chronic medical conditions
Asthma, Heart Disease, Diabetes, etc

If you have a severe illness or you are at **high risk*** for flu complications, contact your health care provider or seek medical care.

Your health care provider will determine whether flu testing or treatment is needed.

- **WASH HANDS** Frequently!
- Stay **HYDRATED (drink water)**
- **Avoid Crowds** of People (Especially Clinics, where sick people congregate)
- If you are sick **Stay HOME!**



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