

## H1N1 Talking Points

### Children's Symptoms

- Typical Flu Symptoms: Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea and vomiting.
- Additional symptoms
  - Fast breathing or trouble breathing
  - Bluish or gray skin color
  - Not drinking enough fluids
  - Severe or persistent vomiting
  - Not waking up or 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

### Adult Symptoms

- Typical Flu Symptoms: Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea and vomiting.
- Additional Symptoms:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting
  - Flu-like symptoms improve but then return with fever and worse cough

### Prevention Tips

- Get vaccinated against the seasonal and H1N1 flu
- Isolate someone with pandemic flu
- Wash hands with soap and water
- Clean surfaces and commonly used items daily
- Cover nose and mouth with tissue or elbow when coughing or sneezing
- Call your doctor as soon as symptoms appear
- Keep supplies on hand (soap, tissue, hand sanitizer, cleaning supplies, etc.)
- Stay home if you're sick.
- Keep sick children at home.
- Stay away from people who are sick.
- Eat a healthy diet and get plenty of rest.

### Vaccines

- Children 6 months - 10 years of age and younger will likely require 2 doses of vaccine. Anyone over 10 will likely require only 1 dose. The vaccine is expected in South Carolina sometime in October.
- Children under 6 months of age cannot get the vaccine. Anyone who has contact with this age group should be vaccinated.

### Regulations for Providers

- Report suspected and confirmed cases to parents/guardians.
- Report suspected and confirmed cases to DSS Child Care Licensing.