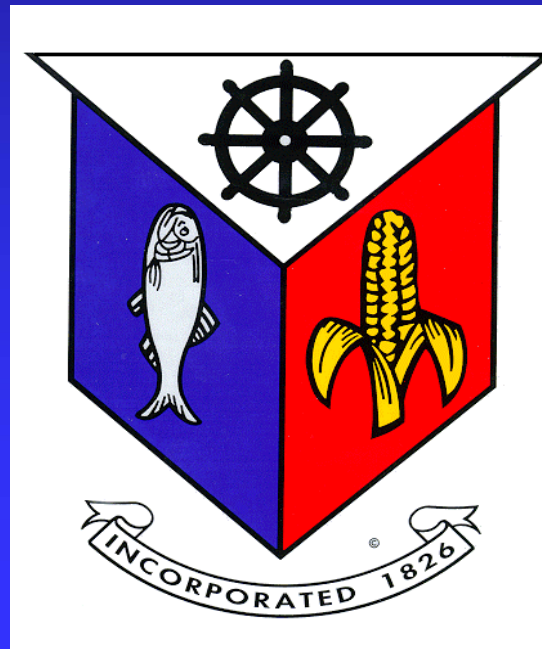


MADISON HEALTH DEPARTMENT

- HEALTH & SAFETY NOTICE:
- 2009 H1N1 FLU – (SWINE FLU)



FLU PANDEMIC – WHAT TO DO TO PROTECT YOURSELF

- Encourage everyone to cover up when coughing or sneezing
- Wash your hands often with soap & water or hand sanitizer
- Avoid close contact (within 6 feet) with sick people
- Avoid travel to areas with flu if possible

PANDEMIC FLU – WHAT ARE THE SYMPTOMS

- Fever
- Cough
- Runny nose
- Sneezing

PANDEMIC FLU – IF I GET IT, WHAT SHOULD I EXPECT

- Expect to feel lousy with
 - Fever, congestion, coughing, sneezing, aches, lethargy, headache, chills, possibly vomiting and diarrhea
 - Expect recovery in about a week
 - Expect immunity to the strain of flu you had

PANDEMIC FLU – WHAT TO DO IF I FEEL ILL

- Call your doctor if you have special medical needs; do not go to the hospital unless severe medical conditions develop
- Stay home for seven days or longer if symptoms persist
- Limit close contact with others
- Cover up when coughing or sneezing
- Wash your hands often with soap & water
- Keep well hydrated
- Do not share towels, utensils or other personal articles with others

PANDEMIC FLU – WHAT TREATMENT DO I NEED

- If you are otherwise healthy, none beyond some TLC from your family
- If you are in a high risk group, ask your health provider if medical treatment or testing is advised
- Seek treatment only if you have severe symptoms (below)

PANDEMIC FLU – SEVERE SYMPTOMS IN CHILDREN

- Fast or difficult breathing
- Bluish Skin
- Unresponsiveness
- Inability to retain fluids
- Fever with a rash
- Not wanting to be comforted
- Improvement, then return of symptoms with worse cough

PANDENIC FLU – SEVERE SYMPTOMS IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting/dehydration

PANDEMIC FLU – SHOULD I SEEK MEDICATION

- Antiviral medications can help reduce symptoms and should be considered only for those in a high risk group or for those who care for someone in a high risk group
 - ◆ Young children
 - ◆ The elderly
 - ◆ Those with chronic illness

PANDEMIC FLU – WHERE TO GET MORE INFORMATION

- On the home page of the Town's website
- <http://www.ct.gov/ctfluwatch/swineflu>
- <http://www.cdc.gov/>