

The Citizen's Common Sense Swine Flu Checklist

If you have a flu-like illness including:

- Fever > 100°F (37.8°C) AND Cough OR Sore Throat, **AND**
- History of travel to an affected area within 7 days of illness onset, **OR**
- Contact with an ill person fitting the above travel description within 7 days of illness onset

Then stay home and **CALL** your doctor.

- If there is no link to *affected areas* or *travelers* from affected areas, **BUT** you are mildly sick with flu-like symptoms

STAY HOME and recover, unless you have the Emergency Warning Signs.

Emergency Warning Signs that Need Urgent Medical Attention

In Children

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not 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
- Fever with a rash

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Common Sense Precautions

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.
- Disinfect commonly-used surfaces such as doorknobs, bathroom fixtures, telephones and computer keyboards at least daily using disinfectants that state on the label that they are effective against viruses.