

H1N1 Symptoms and Self Triage

The symptoms of H1N1 flu virus include: fever (100°F), cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

If you have some of these symptoms:

STAY HOME

- Rest
- Drink fluids
- Take fever reducers (acetaminophen, ibuprofen)

BUT IF YOU

- Are unable to drink enough fluids
- Have fever for more than 3 to 5 days
- Feel better, then develop a fever again

OR IF YOU

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing

OR IF YOU

- Have heart disease and you develop chest pain
- Become unable to walk or sit up, or function normally

STUDENTS: Call the Student Health Center at 276-6287

FACULTY/STAFF: Call your health care provider

OR

GO RIGHT AWAY FOR HEALTH CARE

- Samaritan Hospital Emergency Room
- Dial 911