

HSE in mind!

H1N1 Flu virus

November 2009

Please save and refer to this document when needed. It contains information you need to know about the H1N1 flu virus.

Symptoms

The common cold, which is a much more benign infection of the airways, is often mistaken for flu.

SYMPTOMS	FLU	COLD
Fever	Usual Temperature between 38°C and 40°C (between 100.4°F and 104°F) Sudden onset Lasts 2 to 5 days	Rare
Cough	Usual Lasts about 1 week	Usual, but mild or moderate
Headaches	Usual, sometimes severe	Rare
Aches and pains	Usual, sometimes severe	Rare
Fatigue	Usual, intense Lasts a few days, occasionally longer	Usual, but mild
Nausea and vomiting	Usual, especially in children	Rare
Nasal congestion and runny nose	Rare	Usual
Sneezing	Rare	Usual
Sore throat	Rare	Usual
Chest pains	Usual, sometimes severe	Usual, but mild or moderate

Symptoms in children and young people

Children's symptoms may be different from those of adults. Be vigilant if your child has a fever and has one or more of the following symptoms.

0-5 YEARS	6-18 YEARS
Irritability	Coughing
Loss of appetite	Muscle pains
Rasping cries	Headache
Rasping cough	Intense fatigue
Diarrhea	Sore throat
Vomiting	Nasal congestion
Abdominal pains	Runny nose
Shortness of breath	Shortness of breath

If you have flu symptoms, you can call 877-709-2929 or see a health professional, depending on the seriousness of your symptoms. To avoid infecting others, it is important that you follow the instructions from your Health Center or health professional.

Hand-washing



Source : Santé et Services sociaux - Québec



For Us
For Our Families
For Our Environment



Decision Chart

Protecting yourself and others

If you have flu symptoms

Use the guidelines in this table to help make the best decision for you and your loved ones.

Always use hygiene and prevention measures to avoid contamination:

- Wash your hands frequently.
- Cough or sneeze into the crook of your elbow rather than into your hands.
- Keep your surroundings clean.

SITUATION FOR AN ADULT OR CHILD

The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:

- Sore throat • Stuffy nose
- Runny nose • Cough

DECISION
Probably a cold.

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- Cough
- Sore throat • Significant fatigue
- Headache • Muscle aches

DECISION
Probably the flu.
Rest at home.
Call 877-709-2929 if needed.

SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, seniors, pregnant women, and individuals with chronic diseases).

DECISION
Follow-up with a health professional.

SITUATION FOR AN ADULT OR CHILD

The person has a fever and one of these symptoms:

- Shortness of breath
- Difficulty breathing
- Painful breathing
- Vomiting for more than four hours
- Fever in a child who is too quiet and less active than normal, who refuses to play or is agitated

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F) and one of the following:

- Difficulty breathing that persists or worsens
- Blue lips
- Difficulty moving
- Severe neck stiffness
- Drowsiness, confusion, disorientation, or difficulty being roused
- Convulsions
- No urination for 12 hours
- Fever in an infant under 3 months old

DECISION
Go to the emergency room immediately.
Call 9-1-1, if necessary.

General Information

For more information, visit

www.fightflu.ca or www.gov.nl.ca/health

Health-related Questions

Newfoundland & Labrador
Health Line 888-709-2929
<http://yourhealthline.ca/en/>

Important Phone Numbers:

Your pharmacist:

Your doctor:

Your health center:

Stay informed. Also visit <http://www.hc-sc.gc.ca/> for up-to-date information.

Source : Santé et Services sociaux - Québec

