

Influenza (Flu) Information

This information provides guidance for the current influenza concern.

What is H1N1 Influenza?

A virus infection that may cause symptoms similar to seasonal flu, such as: fever, cough, sore throat, body aches, headache, chills and tiredness, and possible diarrhea and vomiting.

How is it spread?

The main way that flu viruses are thought to spread is from person to person through coughing and sneezing. You can get the flu or give the flu in this way.

What can I do?

GOOD HYGIENE: Cover coughs and sneezes and throw away tissues after blowing your nose. Clean hands with soap and water or a hand sanitizer and use clean towels.

AVOID close contact of large crowds and individuals.

DIET should include drinking nourishing fluids and eating healthy. One should also rest well.

Help family or friends if they have flu-like symptoms. It is important that they also practice

GOOD HYGIENE, and **AVOID** close contact with others and keep a balanced **DIET**.

Can any medicines help?

Antiviral medications can sometimes help reduce the flu symptoms, but require a prescription from a health care provider.

When should I or a family member or friend seek medical care?

When symptoms include, but are not limited to, difficulty in breathing, chest or abdomen pain, dizziness or confusion, not drinking enough fluids or inability to keep liquids or food down, vomiting or when flu-like symptoms improve but then return with a fever and worse cough.

Where can I get more information?

South Dakota State Department of Health: 1-800-592-1861

Federal website: www.cdc.gov

Sioux Falls Health Department: www.siouxfallsflu.org

Siouxland Health and Human Services Building
521 North Main Avenue, Suite 101
Sioux Falls, SD 57104-5963
Phone: (605) 367-8760 • Fax: (605) 367-7806
www.siouxfalls.org/health

