

Influenza A (H1N1)

What to do if you become ill

If you live or work in areas where cases of H1N1 flu have been reported and become ill with influenza-like symptoms, health experts recommend the following precautions.

If you experience flu-like symptoms including fever, cough, headache, muscle and joint pain, sore throat, runny nose, vomiting or diarrhea, you should consider staying home and avoiding contact with other people as much as possible to prevent spreading your illness to others. Consult with your employer regarding your company sick day protocols (e.g. report your absence to your manager).

Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

Contact your health care provider if you are worried about your symptoms. If possible, contact your health care provider by telephone or other remote means **before** seeking care at a clinic, physician's office, or hospital so you can minimize your contact with others.

However, the **following emergency warning signs require that you go directly to an emergency room or urgent care centre:**

In children:	In adults:
<ul style="list-style-type: none"> • Fast breathing or trouble breathing • Bluish skin color • 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 	<ul style="list-style-type: none"> • Difficulty breathing or shortness of breath • Pain or pressure in the chest or abdomen • Sudden dizziness • Confusion • Severe or persistent vomiting

To prevent spreading the illness to your family members or others, follow good health and hygiene practices like proper hand washing, social distancing, using alcohol based disinfectant on surfaces that you have touched, sneezing into your sleeve, etc.

Sources: Centers for Disease Control and Prevention; Public Health Agency of Canada; Government of New Brunswick

The information and resources provided above are meant for informational purposes only and should not be interpreted as advice from your employer, a medical professional or any other person or organization outside of Shepell-fgi. The medical information provided is of a general nature and should not substitute the advice of a medical professional. If you feel you are experiencing a medical emergency, please contact a medical professional immediately.