



PUBLIC HEALTH

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Promoting Health. Preventing Harm.

News Release

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For most people who get the flu it will be a miserable inconvenience for a time. Most people will eventually fully recover without needing to visit the doctor. However, people with certain chronic medical conditions should seek care from their doctor as soon as symptoms appear. Those who develop severe symptoms, listed below, should seek immediate emergency care. The following lists can be used as a guide to parents and others caring for someone who is ill at home. As always, if you are in doubt or have specific questions about an individual you should always follow your doctor's recommendations.

What are flu symptoms (sometimes called influenza-like illness or ILI)?

- Fever
- Extreme tiredness
- Muscle aches
- Coughing
- Sore throat
- Runny nose and
- Sometimes vomiting and diarrhea

Most people with the flu will not need to see the doctor. However, if you develop ILI, you should call the doctor immediately if:

- You are pregnant;
- Have asthma or other chronic lung disease, arthritis or lupus, diabetes, cancer, HIV/AIDS, and heart or kidney disease;
- Are taking any medications which may affect your immune system.

Your doctor will be able to decide if you should take anti-viral medications based on your medical history and symptoms.

Seek Emergency Care if your child experiences any of the following:

- Fast breathing or trouble breathing

- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

Seek Emergency Care for an adult who experiences any of the following:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more detailed information about 2009 H1N1 influenza home care, visit www.cdc.gov/h1n1flu or call 1-800-CDC-INFO

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