



Flu Symptoms (Seasonal and Novel H1N1)

- High fever (102-104°) lasts for 3-4 days
- Painful headache
- General aches and pains, sometimes severe
- Tired and weak—can last up to 2-3 weeks
- Extremely tired starting early in the illness
- Stuffy nose—sometimes
- Sneezing—sometimes
- Sore throat—usually
- Chest discomfort is very common and can be severe
- Dry cough, can be severe
- Vomiting or diarrhea, more common with the Novel H1N1 Flu and less common with Seasonal Flu
- Complications—pneumonia, can be life threatening

Emergency Warning Signs

If you become ill and experience any of the following symptoms or signs, seek emergency medical care immediately.

Concerns in Children

Fast breathing or trouble breathing
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Not waking up or responding to caregiver
Irritability and not wanting to be held
Bluish or gray skin color

Concerns in Adults

Difficulty breathing or shortness of breath
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Confusion
Sudden dizziness
Pain or pressure in the chest or stomach



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For more information or vaccine locations, please call the Flu Hotline at 602-372-3996 or 1-877-764-2670 or go to www.WeArePublicHealth.org