

Do you think you have the flu?

Our community is experiencing a flu outbreak.

*Right now (late October / early November 2009), almost all of the flu virus being reported is the **H1N1** type (commonly called "swine flu").*

Most people with flu-like symptoms do not need to see a doctor, or visit the Emergency Department.

For most people who have no other serious medical issues, the best advice is to:

- Get plenty of rest
- Drink lots of fluids
- Take over-the-counter medications like Tylenol or Motrin for fever, headache and body aches
- Take over-the-counter medicine for sore throat, stuffy nose and cough.

If you have any of the following symptoms, you should see a doctor:

- Worsening cough with thick, greenish-yellow sputum (mucus from your lungs)
- A fever that went away and returned
- Chest pains when you breathe
- Increasing difficulty breathing
- Worsening of your symptoms

Patients are only tested if they are being admitted to the hospital.

Treatment with Tamiflu is considered for people with flu symptoms for 48 hours or less who:

- Are younger than 2 years old
- Aged 65 or older
- Pregnant
- Have certain chronic medical conditions

Symptoms of flu

Common signs of the flu are:

- Fever (higher than 100°F)
- Headache
- Body aches
- Fatigue
- Sore throat
- Stuffy nose
- Dry cough

Other symptoms may include:

- Abdominal pain
- Vomiting
- Diarrhea

