

Signs & Symptoms

of Novel H1N1 Flu



The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills** and **fatigue**. A significant number of people who have been infected with novel H1N1 flu virus also have reported **diarrhea** and **vomiting**.

Is it a Cold or the Flu?

Symptoms	Common Cold	Seasonal and Novel H1N1 Influenza
Fever	Rare	High (102-104°F) lasts for 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 Weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Usual
Chest Discomfort	Mild	Common, can be severe
Cough	Moderate hacking cough	Can be severe dry cough
Vomiting or Diarrhea	Never	More common with Novel flu; less so with Seasonal flu
Complications	Sinus and ear pressure	Pneumonia; can be life threatening
Treatment	None	Anti-viral medication
Prevention	None	Vaccine expected winter 2009

If you believe you have H1N1 flu and are worried about your symptoms call your doctor or urgent care center. Please be careful not to make other sick. Cover your cough. Stay home from work or school.

Emergency Warning Signs

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

Concerns in Children

Concerns in Adults

Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish or gray skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluids	Sudden dizziness
Severe or persistent vomiting	Confusion
Not waking up or interacting	Severe or persistent vomiting
Irritability and not wanting to be held	Not drinking enough fluids
Flu-like symptoms improve but then return with fever or worse cough	Flu-like symptoms improve but then return with fever or worse cough