



**PIMA COUNTY HEALTH DEPARTMENT**  
**3950 S. COUNTRY CLUB, Ste. 100 • TUCSON, AZ 85714**

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FOR IMMEDIATE RELEASE

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**INFLUENZA H1N1 SIGNS AND SYMPTOMS**  
**Know When to Go and Where**

Tucson, Arizona – October 14, 2009 – The Pima County Health Department in partnership with area hospitals wants you to know where and when it's time to go...to the doctor, urgent care or the hospital. And what the signs and symptoms are so you can make the best decision for you or your loved one.

The H1N1 virus is here and people are feeling its impact. General symptoms include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may have the flu and have respiratory symptoms without a fever. What to do?

When should you seek care? If you or your child is generally healthy, you may not need to seek medical care. Stay home, drink lots of fluid, control your temperature, and rest. Avoid visiting friends or family in the hospital if you don't feel well and leave children under 12 years of age home. It's safer for them and for those who are ill.

If you or your child have an underlying condition or by age have a higher risk for complications of flu, you are encouraged to contact your doctor by phone for advice. If you do not have a doctor, please avoid the emergency room, but use an urgent care type of clinic instead. Call before going.

Regardless of whether you or your child have underlying conditions, seek emergent care right away if a child has 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 that improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- 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

If you or your child started to get better and then got worse, call an urgent care facility or emergency department and ask if you should be seen. For more information log onto [www.pimahealth.org](http://www.pimahealth.org). or call 243-7800.

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