



Region of Waterloo

PUBLIC HEALTH

THE SHEETS FACT SHEET

H1N1 Flu Virus—Do I have it?

Symptoms

H1N1 flu feels much like the regular seasonal flu. Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue.

When should I seek medical care?

Most cases of Influenza and H1N1 flu tend to be mild. However, if you do not start to feel better after a few days or if your symptoms get worse, you should either call your health care provider or **Telehealth** at 1-866-797-0000.

If you fall into any of the following categories, call your doctor as soon as you start to become ill with symptoms of influenza. Your doctor may prescribe a certain medication (antiviral). Antivirals need to be started within 48 hours of symptom onset.

- are pregnant
- infants and children under five
- have heart or lung disease
- have any other chronic health problem that requires regular medical attention
- live in a remote or isolated community
- are elderly or frail
- have an illness or are receiving treatments—for example, for diabetes, cancer, or HIV/AIDS—that might affect your immune system.

If you develop the following symptoms, you need to see a health care provider right away:

- Shortness of breath, rapid or difficulty breathing

- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

Additional symptoms to watch for in children:

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

To ease the symptoms of flu:

- drink lots of fluids
- avoid drinks with caffeine
- take basic pain or fever relievers
- do not give acetylsalicylic acid (ASA or Aspirin®) to children or teenagers under the age of 16
- gargle with a glass of warm water
- use saline drops or spray for a stuffy nose
- avoid alcohol and tobacco

For more information

Waterloo Region pandemic website:
www.waterlooregionpandemic.ca

Region of Waterloo Public Health
H1N1 General Information Line:
519-883-2289
Hours of Operation: 8:30 am–4:30 pm
Monday to Friday

Telehealth Ontario at: 1-866-797-0000
TTY: 1-866-797-0007
Hours of Operation: 24 hours,
7 days a week

Adapted from: Public Health Agency of Canada and Ontario Ministry of Health and Long-Term Care