

# THE STALL STREET JOURNAL

*"Wellness Info The Woods Way"*

## The Flu and You

### STAY WELL BY:

- Wash hands frequently
- Avoid touching mouth, nose & eyes
- Cover cough & sneeze
- Avoid close contact with sick people. If you are sick, stay home and relax.
- Don't get run down: eat well, rest and get flu vaccine for both seasonal and novel H1N1 influenza.



This year we all have been affected by a new type of flu: novel H1N1 influenza. The Centers for Disease Control have identified children and young adults as being more affected by novel H1N1 flu. Whether it's this new flu or the annual winter seasonal influenza, those who are ill or have fevers are contagious. Please protect others by staying out of public places if you are ill or feverish.

**Influenza starts suddenly. Symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Those diagnosed with novel H1N1 flu have also reported diarrhea and vomiting.**

- If you are sick:
- Take medication to lower fever
  - Drink fluids
  - Rest
  - Stay in your room to avoid infecting others



### If someone is ill and:

- ♦ has difficulty breathing or chest pain
- ♦ has purple or blue discoloration of the lips
- ♦ is vomiting and unable to keep liquids down
- ♦ has signs of dehydration such as dizziness when standing, absence of urination
- ♦ is less responsive than normal or becomes confused

**HELP THAT PERSON SEEK URGENT MEDICAL ATTENTION**



Stall Street Journal is brought to you by Counseling & Health Services. Call 592-4222 for an appointment with the Nurse Practitioner, Counselor, or Dietitian.  
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