

# NOTES FROM YOUR PARISH NURSE

**Flu season is coming so I would like to review the facts about what was once called “THE SWINE FLU” and is now called H1N1**

Flu viruses are **spread** mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

## **Signs and Symptoms**

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, diarrhea and vomiting

## **Prevention & Treatment**

H1N1 vaccine is currently in production and may be ready for the public in the fall.

Cover your nose and mouth with a tissue when you cough or sneeze.

Wash your hands often with soap and water

Avoid touching your eyes, nose or mouth.

Try to avoid close contact with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

## **In children, emergency warning signs that need urgent medical attention include:**

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 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

Feel free to contact me with any questions at [parish.nurse@live.com](mailto:parish.nurse@live.com)

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