



Emergency signs in children which require urgent medical attention include:

- Fast breathing or troubled breathing
- Bluish Skin Color
- Not drinking enough fluids
- 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
- Fever with rash
- Fever with a stiff neck

Emergency signs in adults which require 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

For more information, contact your nearest
Cherokee Nation Health Center

W.W. Hastings Hospital – Tahlequah
(918) 458-3100

AMO Health Center – Salina
(918) 434-8500

Redbird Smith Health Center – Sallisaw
(918) 775-9150

Sam Hider Health Center – Jay
(918) 253-4271

Three Rivers Health Center – Muskogee
(918) 781-6500

Will Rogers Health Center – Nowata
(918) 273-0192

Wilma P. Mankiller Health Center – Stilwell
(918) 696-8800

Bartlesville Health Clinic
(918) 336-0823

Vinita Health Clinic
(918) 323-0191

Health Services

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Health Services

H1N1 (Swine) Flu



What is H1N1 (swine) Flu?

- H1N1 (swine) Flu is caused by type A (H1N1) influenza and is found primarily in pigs, but can affect humans as well.
- H1N1 Flu causes symptoms similar to the Seasonal Flu which typically include fever, cough, sore throat, body aches, headaches, chills and fatigue. It can also cause vomiting and diarrhea in some people.
- Symptoms can range in severity from mild to severe and can cause a worsening of underlying chronic medical conditions, or lead to other serious illnesses (pneumonia and respiratory failure).

How does H1N1 (swine) Flu Spread?

- Humans can get the H1N1 Flu from pigs or persons who are contagious.
- The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes.
- Influenza viruses may also spread when a person touches respiratory droplets on an object and then touches their own mouth or nose.
- People with swine influenza virus infection should be considered contagious as long as symptoms persist and possibly for up to seven days following the onset of illness.

How to protect yourself

- Currently, there is no vaccine available to protect against the H1N1 flu in humans.
- Everyday Actions can help prevent the spread of germs that cause respiratory illnesses like influenza.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. Use your upper sleeve if you don't have a tissue
 - Wash your hands often with soap and warm water for 20 seconds, especially after you cough or sneeze.
 - Alcohol-based hand cleaners are also effective when soap and water aren't available.
 - Wash your hands after touching your mouth, nose, or eyes.
 - Disinfect doorknobs, switches, handles, toys, and other surfaces which are commonly touched.
 - Try to avoid contact with sick people.

What to do if You get the flu

- Stay home from work or school.
- Avoid running errands to reduce your contact with others.
- Consider wearing a surgical mask and gloves when around others. Do not share the mask and follow the re-use directions on the package.
- Get lots of rest and drink plenty of liquids (i.e. water, soups, juices, or sports drinks, but avoid alcohol).
- You can purchase over-the-counter medications (acetaminophen or ibuprofen) to relieve flu symptoms such as fever and aches, but follow the package directions and contact a health care professional with any questions.
- In some cases a health care professional may prescribe a medication to help treat the flu or prevent family members from contracting it. Antibiotics DO NOT cure the flu.

Resources:

www.cdc.gov/swineflu/
www.pandemicflu.gov
www.handhygiene.org

