

# Hendricks County Health Department



## **Environmental Health**

355 South Washington Street #210  
Danville, IN 46122  
Phone (317) 745-9217  
Fax (317) 745-9218

## **Nursing**

355 South Washington Street #211  
Danville, IN 46122  
Phone (317) 745-9222  
Fax (317) 745-9383

---

## **Public Health**

Prevent. Promote. Protect.

---

For Immediate Release  
Contact: Monica Smith, RN, MSN

October 13, 2009  
317/745-9222

### **How do I know if I have the flu?**

The Hendricks County Health Department is encouraging people to stay home if they are experiencing flu like symptoms. According to the Centers for Disease Control and Prevention, if you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care.

Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu. If you feel as though you are only mildly ill, you should avoid visiting the emergency room. The emergency room should be used for people who are very sick. **If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.**

You may have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting. The following symptoms may indicate a serious illness requiring medical attention. If you have the following warning signs- seek medical care immediately:

#### In children

- Fast breathing or trouble 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 a rash

#### In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

If you get sick with flu-like symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you have any questions regarding H1N1 or seasonal flu, feel free to contact Ms. Jenni Hill, Health Educator at the Hendricks County Health Department at 317/745-9217. For H1N1 flu clinic locations in Hendricks County please visit our website at [www.co.hendricks.in.us](http://www.co.hendricks.in.us).