



People who have influenza, including the new H1N1 virus, may have a large range of symptoms, such as fever, cough, sore throat, chills, headache, and body and muscle aches. Some people also have experienced diarrhea and vomiting with the new H1N1 virus. During the influenza season, anyone who has these symptoms more than likely has influenza.

For otherwise healthy people, seasonal influenza and novel H1N1 rarely cause severe complications and often medical care is not needed. However, if you have concerns, contact your health-care provider.

The North Dakota Department of Health offers the following tips for caring for family members at home.

- Ill family members should be kept at home until 24 hours after fever has subsided without the use of fever-reducing medication.
- For Children younger than five, or for family members with the following conditions, check with your doctor. Antivirals may be needed.
 - Lung disease, including asthma
 - Metabolic disease, including diabetes
 - Pregnancy
 - Neurological and neuro-muscular, kidney, liver and blood conditions
 - Immunosuppression
- Without compromising care and if possible, provide a separate bedroom for the ill person.
- Avoid sharing drinking glasses, toothbrushes and keep toothbrushes separate.
- Try to limit the number of people caring for the family member.
- If tolerated and available, have the ill person put on a surgical mask before the family member enters the room.
- Discourage visitors in the home while people are ill and for 24 hours after the fever subsides without the use of fever-reducing medication.
- Have tissues and hand sanitizer readily accessible to be used by all household members.
- Encourage frequent hand washing for all household members.
- Make sure the ill family members drink plenty of clear fluids.
- Treat symptoms with over-the-counter medications such as acetaminophen, ibuprofen and naproxen. Do NOT use aspirin to treat symptoms because of the risk for Reye's syndrome in children and teenagers.
- Seek medical care immediately if a family member has any of the following:
 - Painful or difficult breathing or chest pain
 - Blue or purple lips
 - Difficulty being awakened or aroused
 - Confusion
 - Severe vomiting
 - Seizures
 - Signs of dehydration (dry mouth , decreased
 - or no urine output, no tears, extreme fussiness, sunken eyes, sunken soft spot on the head of infants)

More information about home care can be found at www.ndflu.com or www.cdc.gov/h1n1flu/guidance_homecare.htm or by calling 800.472.2180.