



MEDICAL PROFESSIONALS

ANSWERING MACHINE SUGGESTED MESSAGE

Thank you for calling our office. We are experiencing high call volume at this time and apologize for the delay in answering your call.

Many people are concerned about the novel H1N1 flu virus. The virus is spreading from person-to-person on respiratory droplets, just like seasonal flu does. The symptoms of the new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Many people have also had diarrhea and vomiting.

Most people who have been sick with this virus in the U.S. have recovered at home without treatment. If your child is otherwise healthy, and now has flu-like symptoms, please keep him at home until his fever has been gone for at least 24 hours, without the use of fever-reducing medication, unless given other instructions by your pediatrician or their staff.

If your child has chronic medical conditions and is experiencing a flu-like illness, please stay on the line to speak with one of our staff.

Just like with seasonal flu, complications can occur with novel H1N1 flu. Seek emergency medical care if your child has any of the following warning signs:

- Fast breathing
- Trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating as much as usual
- Severe or persistent vomiting
- Not waking up or interacting as usual
- Being so irritable that she doesn't want to be held
- Fever returns after being gone for a day, or a significant change in fever pattern. For example, it was 101 degrees Fahrenheit for several days and now it's 103 degrees.

Again, seek emergency medical care if your child has a flu-like illness and experiences any of those warning signs.

It's important that your child stay home while he is sick, away from other people, in order to keep from spreading illness.

While he is sick, it is important that he continue to:

- Cover his cough or sneeze, with a tissue or the crook of his arm.
- Wash his hands often with soap and water, especially after coughing or sneezing.
- Keep a distance from other people, even by staying in a separate room of the house.

If you'd like more information on novel H1N1 flu, please visit www.fightthefluMO.com or contact your local public health department.

If your questions have been answered, please hang up at this time. If you still need to speak with someone, please be patient; our staff will be with you shortly.