

Flu info



Wentworth-Douglass
Hospital

THE SEACOAST'S LEADING MEDICAL CENTER

PATIENT INFORMATION ABOUT TESTING AND TREATMENT FOR INFLUENZA

LAB TESTING FOR H1N1 INFLUENZA

The New Hampshire State Public Health Labs will limit testing for the H1N1 virus to patients who are admitted to hospitals for severe flu-like illness, and clusters of outbreaks in healthcare facilities, schools and other areas coordinated by NH Public Health. Your Doctor's Office will not test for H1N1 (swine) flu because testing will not affect treatment for flu-like illness. Both the normal or seasonal flu and the H1N1 (swine) flu are treated the same. H1N1 influenza typically affects younger people or people with chronic medical conditions, while the seasonal flu affects a more mature population along with those with chronic medical conditions.

TREATING INFLUENZA WITH MEDICATION

Treatment with prescription antiviral medications is not routinely necessary for otherwise healthy people. Prescription antiviral medication, such as Tamiflu, is generally only required if a patient is at a higher risk of medical complications should they become ill with the flu. The Centers for Disease Control (CDC) currently recommends treatment with antiviral medications for:

- Children younger than 5 years old
- Adults 65 years and older
- Pregnant women
- Persons with certain chronic medical conditions
- Persons younger than 19 years old who are receiving long-term aspirin therapy

You may not be prescribed an antiviral medication for your flu symptoms if you do not meet one of the above CDC categories. Otherwise healthy individuals recover after a few days of discomfort.

Self-care for the flu

- Drink plenty of fluids
- Get plenty of rest, sleep
- Take Tylenol for fevers
- Wash your hands often
- Limit your contact with others
- If you must leave home, wear a surgical mask
- Stay home until at least 24 hours after you are fever free (your oral temperature is below 100 degrees Fahrenheit)

You should always seek immediate medical care if you have any of the following:

- Difficulty breathing
- Severe or persistent vomiting
- Pain or pressure in the chest or abdomen
- Flu-like symptoms improve but then return with fever and worse cough
- Children with a temperature that can not be controlled with tepid bath or Tylenol.



Remember to get your flu vaccination
Wash your hands often
(Source: CDC, NH DHHS - subject to updates)

