

When Should I Go to the Hospital?

What should I do if I get sick?

1. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
2. If you become ill and experience any of the following warning signs, seek emergency medical care (go to a hospital).

Children

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms that improve, but then return with a fever and worse cough
- Fever with a rash

Adults

In adults, emergency warning signs that need urgent medical attention include:

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

For more information on what you can do to stay safe and healthy, check the national H1N1 (Swine) Flu website: www.cdc.gov/h1n1flu or call toll-free 1-800-CDC-INFO (1-800-232-4636).