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## FACTSHEET

May 14, 2009

Ministry of Healthy Living and Sport  
Ministry of Health Services

### **IF YOU THINK YOU HAVE THE H1N1 FLU VIRUS**

The symptoms of the H1N1 flu virus (human swine flu) in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

If you are concerned or experiencing any of these symptoms, there is no need to rush to the ER or a clinic. A good place to start is to call HealthLink BC at 8-1-1, anytime of the day or night.

If you need to see your doctor or healthcare provider, call ahead and report your symptoms. Explain why you think you have the H1N1 flu virus (for example, if you have recently travelled to a country where there is an H1N1 flu virus outbreak in humans).

If it is not possible to contact your healthcare provider in advance, communicate your suspicion of having the H1N1 flu virus immediately upon arrival at the healthcare facility. Your health care provider will determine whether influenza testing or treatment is needed.

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. Other precautions to avoid spreading any illness include: covering your mouth and nose with a tissue when coughing or sneezing and throw the tissue away immediately; washing your hands with soap and water or use alcohol-based disposable hand wipes or gel sanitizers.

You can call HealthLink BC at **8-1-1**, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if feeling ill.