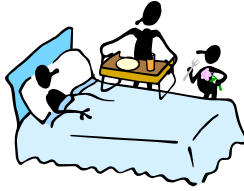


Northwest Renal Network

H1N1 (Swine) Flu Resource Page



Flu Facts

- It spreads like a cold does, from person to person
- You don't get it from eating pork
- This year's seasonal flu vaccine doesn't work on it
- Germs from swine flu spread through the air and can be left on surfaces
- You can pass it to others 1 day before you become ill + up to 7 or more days after

Symptoms

| | |
|-------------------------|-------------------|
| ● Same as regular flu | And/or |
| ● Fever > 100 degrees F | ● No appetite |
| ● Cough | ● Runny nose |
| ● Sore throat | ● Nausea/vomiting |
| ● Fatigue | ● Diarrhea |
| ● Body aches | |

What to do

- If you start to get sick, call your health care provider
- Do not just go in person to their office, unless they tell you to
- **Do not** go to the local emergency room
- Rely on local walk-in clinics
- Wash your hands often
- Avoid touching your eyes, nose, or mouth
- If you are sick, stay home from work or school
- Stay out of crowds whenever possible
- Cough or sneeze into your sleeve or a tissue
- Throw soiled tissues into the trash
- If you start to feel suddenly worse, call your doctor.

Dialysis Patients

- Go to dialysis as scheduled
- If you become ill- call your doctor and follow his/her recommendations
- Notify your dialysis facility so they can be ready for you