



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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When is Treatment Needed for H1N1

The Champaign-Urbana Public Health District Urges the Community to Follow CDC Guidelines

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) wants to restate the Center for Disease Control's (CDC) guidelines on when it is ok to provide care at home if you think you have flu-like illness and when you should seek medical treatment.

According to the CDC, most people with novel H1N1 have had mild illness and have not needed medical care or antiviral drugs. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider first for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

You should, however, seek immediate medical treatment when you have the following emergency warning signs: in children - fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, fever with a rash; in adults - difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.

For information on H1N1 or CUPHD services, visit us on-line at www.c-uphd.org.

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