

H1N1 Emergency Symptoms

Most healthy people with H1N1 influenza do fine with home care, liquids, and plenty of sleep. However, if you or a member of your family develop any of the following symptoms contact a healthcare provider right away.



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

