

2009 H1N1 Pandemic Influenza Symptoms

Symptoms of H1N1 flu are similar to seasonal flu and include fever (100°F or higher), cough, sore throat, body aches, headache, chills and fatigue. Children may have nausea, vomiting or diarrhea in addition to respiratory symptoms. These symptoms alone are not the flu.

Emergency warning signs in children include:

Fast breathing or trouble breathing



Severe or persistent vomiting



Irritable (child does not want to be held)



Bluish or gray skin color



Not waking up or interacting



Flu like symptoms improve but then return with fever and worse cough



Not drinking enough fluids



If experiencing any of these emergency warning signs, seek medical attention immediately.

For more information concerning H1N1 flu visit the Broome County Health Department website at www.gobroomecounty.com/hd/flu or call our information line 607.778.3331.