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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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## **FOR IMMEDIATE RELEASE**

### **When to go to the Hospital with Flu Symptoms**

(Sedgwick County, Kansas) – With the current H1N1 pandemic, many are unsure when they should seek medical attention for flu-like symptoms. The Sedgwick County Health Department reminds individuals that most children and adults with the flu will recover without visiting a health care provider. Ill people may want to call his/her health care provider for advice on how to care for themselves at home.

Seeking care in a hospital emergency department for routine flu symptoms can mean additional expense and stress to the individual with flu-like symptoms and contribute to further spread of the virus in the community.

Ill individuals who are at high risk for flu complications (i.e. pregnant women; children younger than five; those older than 65 years; and individuals with chronic disease, HIV, or weakened immune systems) and people with more severe flu symptoms should contact their regular health care provider who can help them determine whether they need to be seen. Those without a health care provider can call 2-1-1 to be referred to a community health care clinic.

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Individuals experiencing the following symptoms should seek immediate medical attention:

- Trouble breathing
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- A child is so irritable he/she does not want to be held
- Bluish or gray skin color (call 9-1-1 immediately) (children)
- Not drinking enough fluids (children)
- Not waking up or not interacting (children)
- Pain or pressure in the chest or abdomen (adults)
- Sudden dizziness (adults)
- Confusion (adults)

Those who do present to a health care provider, urgent care clinic or hospital emergency department will very likely **not** be tested for influenza. As of late August, the Kansas Department of Health and Environment (KDHE) stopped accepting routine specimens for H1N1 testing and confirmation. Hospital-admitted individuals are tested and confirmed by KDHE. Because the treatment for H1N1 influenza and seasonal influenza are the same (stay home and isolate from others as much as possible, drink fluids, and rest), there is not a medical need to do the testing.

**Media Note:** If you have questions about this release, please contact:

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