

PANDEMIC INFLUENZA

WHEN TO GO TO THE HEALTH FACILITY

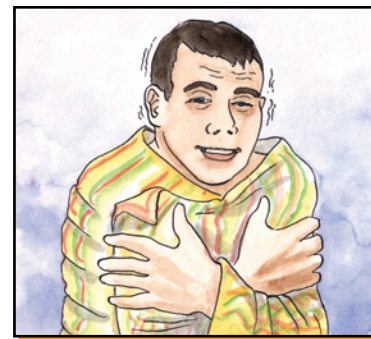
DO NOT GO TO THE HEALTH FACILITY UNLESS YOU HAVE SERIOUS PROBLEMS, SUCH AS:



Difficulty breathing



Chest pain



Shaking that cannot be controlled



Lips or skin turning blue



Severe vomiting or diarrhea

Not waking up

Confusion (such as not recognizing family or friends)

Always bring a sick infant who is younger than 2 months and refuses to feed to the health care facility.

If you live in an area where malaria is common, you should always go to the health care facility if you have fever.



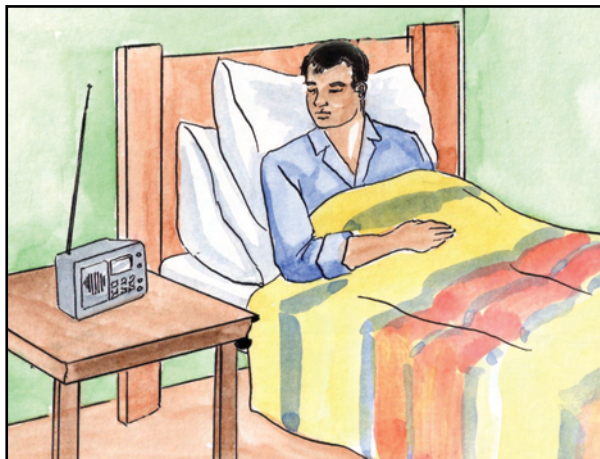
If the sick person is not urinating much or the urine is dark, they might be dehydrated and need water.

If the person is dehydrated, give oral rehydration solution according to instructions on the packet, or clear drinks available in the home.



Continue to breastfeed infants that are nursing.

STAY AT HOME IF YOU HAVE ANY OF THESE SYMPTOMS UNTIL YOU RECOVER



Pay attention to announcements from local leaders, radio and television broadcasts, or hotlines to keep up to date on what actions you should be taking.