

_____2009 Flu Line

You have reached the _____ Flu line.

If this is an emergency, please hang up & dial 911.

This line will provide information on flu like symptoms & care, antiviral information (like Tamiflu) & both Seasonal & H1N1 vaccine availability.

For more information on vaccine availability please press_____.

For more information on Antiviral, like Tamiflu, please press 601.

If you or family members are experiencing flu like illness please listen to the following information.

Symptoms of the flu may include chills, body aches, muscle pain, headache, fatigue, runny nose, cough, sore throat, and occasionally diarrhea & vomiting. You may or may not have a fever.

If you are otherwise healthy and are experiencing these symptoms: Drink fluids plenty of fluids to stay well hydrated, use Tylenol or Motrin to reduce your fever and help with body aches and headache. Take an over the counter cough medicine for your cough. In other words treat the symptoms. Symptoms should resolve in 5-7 days.

It is important that you do not spread your illness. Keep away from others, cover your mouth when you cough or sneeze, wash your hands frequently or use hand sanitizer & stay home until 24 hours after your fever is gone.

Children should never be given aspirin or aspirin containing products when they have a fever or the flu. Children under the age of 2 should not be given cough medicine unless ordered by their doctor

If you are experiencing difficulty breathing, chest pain or pressure, severe dizziness, increased mental confusion, severe and persistent vomiting or your symptoms seem to improve but then get worse with in a few days you should seek medical attention.

If after listening to this message you feel that you should be seen after the beep: please speak slowly and clearly: leave your name, DOB & best number to reach you.

_____will return your call within the next several hours.

Please understand that we are experiencing an unusually high volume of calls and we will return your call as soon as possible.

501- Vaccine availability

The flu vaccine supply at the clinic changes on a daily basis.

For **children**:

Seasonal Flu vaccine: currently _____

H1N1: currently _____

For **adults** (18 and older):

Seasonal flu shots: currently _____

Our next flu clinic is tentatively planned for _____ from _____ (if vaccine is available). Please call back on the day of the clinic to confirm it is to be held.

For more information on flu clinics in the area please call :

_____ County Public Health Flu Information Line at: _____

601-Antivirals

Most healthy people do not require antivirals like Tamiflu. Most will recover with little or no need for medical treatment.

However there is a small group of people who are at higher risk for complications and who may need this treatment. If you are experiencing flu like symptoms **and** are pregnant, 65 or older, less than 2 years old or have an underlying chronic health condition or are immune suppressed your doctor may decide you need this treatment.

If you have one of the previous mentioned high risk conditions & are experiencing flu like illness call _____ for instructions.