



## H1N1 Important Information (November 2, 2009)

Pregnant women and women up to 6 weeks post partum are at high risk for complications from the H1N1 virus.

It is recommended that if you are pregnant or 6 weeks or less postpartum that you receive the H1N1 vaccine. Your midwife will be able to tell you when and where this vaccine is available.

If you become sick with H1N1 it is recommended that you treat yourself with an antiviral (Tamiflu) to decrease the risk of serious complications.

If you think you have H1N1 or flu symptoms please use the information below and follow the directions:

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### **Do you have one of the following:**

- A temperature of 38°C (100.4°F) or higher
- OR**
- A feverish feeling, or shakes or chills within the last 24 hours

### **If Yes:**

**Do you have a new or worse cough or shortness of breath AND one or more of the following:**

- Sore Throat
- Aching muscles
- Aching joints
- Extreme exhaustion

### **If Yes:**

**Page your midwife immediately- treatment with antiviral may be necessary.**

**Do you have**

- A temperature of 38°C (100.4°F) or higher
- OR**
- A feverish feeling, or shakes or chills within the last 24 hours

**But** there are no other signs or symptoms of the flu (shortness of breath, new or worse cough and sore muscles, or aching joints or extreme exhaustion)?

**Page your midwife- you have a fever of unknown cause which may be due to the flu or another infection.**

**Other Situations:**

**I don't have fever** (A temperature of 38°C (100.4°F) or higher  
OR a feverish feeling, or shakes or chills within the last 24 hours)

**But I do have:** a new or worse cough or shortness of breath AND one or more of the following:

- Sore Throat
- Aching muscles
- Aching joints
- Extreme exhaustion

**Influenza is possible:** start self care, notify your midwife (non- urgent message DO NOT PAGE) and monitor your temperature.

**If you develop a fever page your midwife immediately- treatment with antiviral may be necessary.**

**Urgent Care Needed**

**If you have new or worsening of the following symptoms you should page your midwife immediately- she will direct you to go to the emergency room of RVH.**

- Difficulty breathing/shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours) or very little yellow/orange urine
- Stiff neck sensitive to light
- Seizures
- Confusion or disorientation

**If symptoms are severe Call 911**