

Seek emergency medical care if you or a family member shows the signs below – a life could be at risk!



It's a fact – every year, people of all ages in the U.S. die from influenza and its complications.

Emergency warning signs for children or teens with seasonal or H1N1 influenza

Any child or teen who shows the following emergency warning signs needs urgent medical attention – take them to an emergency room or call 9-1-1.

- Fast breathing or trouble breathing
- Bluish skin color
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Influenza-like symptoms improve but then return with fever and worse cough

Emergency warning signs for adults with seasonal or H1N1 influenza

Any adult who shows the following emergency warning signs needs urgent medical attention – take them to an emergency room or call 9-1-1.

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Confusion
- Severe or persistent vomiting
- Sudden dizziness
- Influenza-like symptoms improve but then return with fever and worse cough

Keep this handy! Post it on your refrigerator or another place where it will be easy to find!

Adapted from the Centers for Disease Control and Prevention
www.flu.gov/pdfs/emergencywarningsigns.pdf and www.flu.gov/individualfamily/parents

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