

As we approach flu season, it is important to practice general good health hygiene to help prevent the spread of germs. To protect your health and those around you, remember the **3 C's** . . .

Cover your cough. Use a tissue or your elbow.

Clean your hands. Use soap and water or hand sanitizer.

Contain germs. Stay home when sick.

Seasonal and H1N1 flu vaccines will be available in Cass County later this fall. At this time, we are awaiting final recommendations from the Centers for Disease Control and Iowa Department of Public Health regarding when vaccine will arrive and how it will be distributed. We anticipate seasonal flu public vaccine clinics to be held in late October, with H1N1 clinics to follow. Cass County Health System staff will keep this website and the CCHS Health Hotline, 712-243-7800, updated with the latest information.

What should I do if I get sick?

If you live in areas where people have been identified with 2009 H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. The Centers for Disease Control [recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held

- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

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