



Department of Health
140 County Highway 33W
Suite 3
Cooperstown, NY 13326
Phone: (607) 547-4230
Fax: (607) 547-4385

Novel Influenza A (H1N1) Symptoms

The symptoms of H1N1 in people appear to be similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well; these symptoms alone are not the flu.

It is important to understand that anyone can get the flu (even healthy people) and that there are certain people that are at higher risk for complications from the flu. This includes the following:

- Children aged less than 5 years;
- Adults aged 65 years or older;
- Women who are pregnant;
- Adults and children who have chronic health conditions including chronic lung problems such as asthma, metabolic diseases such as diabetes, heart disease, kidney disease, liver disease, and certain blood diseases;
- Adults and children who have a lowered immune system from medications or chronic health conditions such as HIV;
- Residents of nursing homes and other chronic-care facilities.

Anyone with influenza like illness that feels they need medical attention, contact your medical provider to determine if care is needed. If you or your family has an underlying medical problem with influenza-like illness it is recommended that you contact your primary care provider immediately for medical guidance.