[Wes Studi] I’m Wes Studi and I’m concerned about the new H1N1 flu. Symptoms of flu can include fever, cough, sore throat, runny nose, body aches, headaches, chills and sometimes vomiting and diarrhea. Not everyone with the flu will have a fever.

Most people with flu can recover at home. For others, flu can be more serious. Young children, pregnant women, the elderly, and persons with illnesses like diabetes or asthma are at a higher risk for severe flu.

Seek medical care right away, if your child has any emergency warning signs such as fast or troubled breathing, bluish skin, not drinking enough fluids, not waking up or not interacting, or being very irritable.

For adults, emergency warning signs include difficulty breathing, pain or pressure in the chest, sudden dizziness and confusion.

Protect the circle of life. Know the signs.