

### When should you seek additional help from a healthcare provider?

#### Symptoms of influenza

- Fever—low (100°F) to high (104°F), usually for three days, but may persist for four to eight days. Sometimes fever will go away and return a day later.
- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shivering chills
- Feeling very tired
- Sore throat, runny or stuffy nose

### If you have some of the above symptoms: **STAY HOME**

#### Take the following precautions

- Rest
- Drink fluids
- Take fever reducers (acetaminophen or ibuprofen)
- If you are a healthcare worker, call occupational health to determine your next steps, including when you can return to work.
- If you are in a high-risk category (children younger than five years old, adults 65+, pregnant women, persons with certain chronic medical or immunosuppressive conditions, and persons younger than 19 years of age who are receiving long-term aspirin therapy), contact your healthcare provider as soon as possible to receive instructions for a visit and antiviral therapy, if appropriate, OR call 211 to speak to a medical professional about steps to take.

#### But IF you:

- Are unable to drink enough fluids (urine becomes dark; you may feel dizzy when standing)
- Have fever for more than 3-5 days
- Feel better, then develop a fever again

#### Or IF you:

- Become short of breath or you develop wheezing
- Cough up blood or yellow sputum
- Have pain in your chest with breathing
- Have heart disease (like angina or congestive heart failure)
- Become unable to walk, sit up or function normally (others might be the ones to notice this, especially in elderly persons)

**CALL YOUR HEALTHCARE PROVIDER**

**GO RIGHT AWAY TO A PHYSICIAN OR EMERGENCY ROOM**

### If your **CHILD** experiences any of the following, seek emergency care:

- 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