

# Flu Decision Chart

## Protecting Yourself, Protecting Others

### IF YOU HAVE FLU SYMPTOMS

Use the guidelines in this table to help make the best decision for you and your loved ones. Also, remember to wash your hands often and to cover coughs and sneezes with a tissue or the inside of your sleeve. It is not important to know if you have seasonal flu or H1N1, the recommendations are the same.

SITUATION FOR AN ADULT OR CHILD	DECISION
<p>The person does not have a fever (temperature is less than 38°C or 100.4°F), but does have these symptoms:</p> <ul style="list-style-type: none"> <li>&gt; Sore throat &gt; Stuffy nose</li> <li>&gt; Runny nose &gt; Cough</li> </ul>	<p><b>Probably a cold.</b> <b>Rest is indicated.</b></p>
<p>The person has a fever over 38°C (100.4°F) that is accompanied by these symptoms:</p> <ul style="list-style-type: none"> <li>&gt; Cough &gt; Sore throat &gt; Significant fatigue</li> <li>&gt; Headache &gt; Muscle aches</li> </ul> <p style="text-align: center;"><b>AND</b></p> <p>The person does <u>not</u> belong to a group at higher risk of developing flu-related complications (see next box.)</p>	<p><b>Probably the flu.</b> <b>Rest at home</b> until 24 hours after the fever is gone (without the use of fever-reducing medication.) Drink plenty of liquids and take fever reducers such as ibuprofen and acetaminophen. Children with fever should not take aspirin or aspirin-containing products such as Pepto-Bismol. Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.</p>
<p>The person has a fever over 38°C (100.4°F) that is accompanied by these symptoms:</p> <ul style="list-style-type: none"> <li>&gt; Cough &gt; Sore throat &gt; Significant fatigue</li> <li>&gt; Headache &gt; Muscle aches</li> </ul> <p style="text-align: center;"><b>AND</b></p> <p>The person <u>belongs to a group at higher risk for flu-related complications</u> (children under 2 years of age; adults age 65 and older; pregnant women; persons under 19 years of age on long-term aspirin treatment; and people of any age who have a chronic lung disease such as asthma or COPD, diabetes, heart disease, cancer, kidney or liver disorders, blood disorders such as sickle cell disease, weakened immune systems from medications or AIDS, brain or spinal cord injuries, or neuromuscular disorders such as muscular dystrophy and multiple sclerosis. )</p>	<p><b>Probably the flu.</b> <b>Contact a doctor today</b> for possible treatment with anti-viral medications that might decrease the risk for severe flu complications (most effective when started within 48 hours of symptoms onset.)</p> <p style="text-align: center;"><b>ALSO</b></p> <p>Rest at home until 24 hours after the fever is gone (without the use of fever-reducing medication.) Drink plenty of liquids. Take fever reducers such as ibuprofen and acetaminophen as directed by your doctor. Children with fever should not take aspirin or aspirin-containing products such as Pepto-Bismol. Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.</p>
<p>The person has a fever and one of these symptoms:</p> <ul style="list-style-type: none"> <li>&gt; Shortness of breath</li> <li>&gt; Difficulty breathing</li> <li>&gt; Painful breathing</li> <li>&gt; Vomiting for more than four hours</li> <li>&gt; Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated</li> </ul>	<p><b>See a doctor today.</b></p>
<p>The person has a fever over 38°C (100.4°F) <b>AND any one of the following:</b></p> <ul style="list-style-type: none"> <li>&gt; Difficulty breathing that persists or worsens</li> <li>&gt; Blue lips</li> <li>&gt; Difficulty moving</li> <li>&gt; Severe neck stiffness</li> <li>&gt; Drowsiness, confusion, disorientation, or difficulty being roused</li> <li>&gt; Convulsions</li> <li>&gt; No urination for 12 hours</li> <li>&gt; Fever in an infant under 3 months old</li> </ul>	<p><b>Go to the emergency room immediately.</b> <b>Call 9-1-1, if necessary.</b></p>