

What to do about the Flu

guidelines for deciding about care

Illness in an Adult or Child

The person does not have fever (temperature less than 37.8°C or 100°F), but does have one or more of the following:

- ▶ Sore throat
- ▶ Runny nose
- ▶ Stuffy nose
- ▶ Cough

Probably a cold

Rest indicated
Home care as needed

Flu-like Illness in an Adult or Child

The person has fever (temperature is greater than 37.8°C or 100°F), a sore throat or cough, and may have one or more of the following:

- ▶ Significant fatigue
- ▶ Headache
- ▶ Chills
- ▶ Muscle or body aches
- ▶ Sometimes diarrhea or vomiting

May be the flu

Consider alternative diagnoses, e.g. Strep throat
Stay at home and rest until no fever for at least 24 hours

See CDC home care information:
www.cdc.gov/h1n1flu/sick.htm

Adult or Child at Risk of Complications¹

The person has a flu-like illness and has risk of developing complications:

- ▶ Children under 5 years of age—especially children under 2.
- ▶ If child is less than 3 months old, **Do Not** give fever medicine before seeking medical advice.
- ▶ Pregnant women
- ▶ Individuals with chronic lung, heart, kidney, liver, neurological, immune system diseases or other conditions which predispose complications
- ▶ Persons 65 and older

Adult or Child Without Other Health Problems¹

The person has a flu-like illness and one of these symptoms:

- ▶ Shortness of breath, difficulty breathing, painful breathing
- ▶ Fever in a child who is too quiet and less active than normal, or who refuses to play or is agitated
- ▶ Illness returns after apparent recovery
- ▶ You feel the person is severely ill and you need help caring for them

CALL

your health care provider.

Emergency Warning Signs in a Child¹

- ▶ Fast breathing or trouble breathing that persists or worsens
- ▶ Bluish skin color or lips
- ▶ Dehydration suspected: No urine output for more than 8 hours **AND** very dry mouth, no tears **AND** not taking or able to hold oral fluids
- ▶ Not waking up or not interacting
- ▶ Symptoms improve then return with fever and worse cough
- ▶ Fever with a rash

Contact your health care provider IMMEDIATELY

OR

**Go to the emergency room.
Call 911, if necessary**

Emergency Warning Signs in an Adult¹

- ▶ Difficulty breathing that persists or worsens
- ▶ Pain or pressure in the chest or abdomen
- ▶ Sudden dizziness
- ▶ Confusion
- ▶ Severe or persistent vomiting

¹ The Vermont Department of Health recognizes that there may be situations where some conditions may be managed at home with proper intervention.