

WHAT TO DO WHEN YOU THINK YOU HAVE **THE FLU**



GO TO THE EMERGENCY DEPARTMENT

If you're experiencing the following symptoms:

ADULTS

- Chest pain
- Confusion
- Respiratory distress or Difficulty breathing
- Sudden dizziness
- Severe or persistent vomiting
- Flu-like symptoms that appear to get better but then return with a fever and worse cough
- Swelling in the mouth or throat

CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Extreme irritability, the child does not want to be held
- Flu-like symptoms that improve, but then return with a fever and worse cough
- Fever with a rash
- No wet diaper for 8 hours
- Fever over 100.3 in infants younger than 3 months



CALL YOUR PROVIDER

If you're experiencing the following symptoms:

- Cough
- Sore throat
- Congestion or runny nose
- Headaches
- Chills
- Fatigue

**If you go to the ED and you don't actually have the flu, you could catch it from others who do have it.*



Call your **primary care physician** or an **urgent care center** if you have these symptoms.

3 Steps to Flu Prevention



1

Get the vaccine



2

Wash your hands often



3

Avoid contact with people who may have the flu

Signs & Symptoms of the Flu

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea & vomiting

**Not everyone with flu will have a fever*

