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

*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 PROVIDER
If you’re experiencing the following symptoms:

**ADULTS**

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

**CHILDREN**

- Swelling in the mouth or throat
- 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
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Call your primary care physician or an urgent care center if you have these symptoms.

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**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*