

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.

Box A: SITUATION FOR AN ADULT OR CHILD

The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:

- > Sore throat > Stuffy nose
- > Runny nose > Cough



DECISION

Probably a cold.
Rest is indicated.
Call your doctor or go to an urgent care center if you develop any of the symptoms in Box D

Box B: SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- > Cough
- > Sore throat > Significant fatigue
- > Headache > Muscle aches



DECISION

Probably the flu.
Rest at home is indicated. Do not go to work or school until fever is gone for 24 hours off all medications or your own company's policy if more restrictive (Healthcare workers need to stay home 7 days after symptoms began, or 24 hours after resolution of acute symptoms, whichever is longer).

Box C: SITUATION FOR AN ADULT OR CHILD AT RISK FOR COMPLICATIONS

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications:

- Children under 5 years of age
- Adults 65 years and older
- Pregnant women
- Individuals with chronic diseases including:
 - Cancer
 - Blood disorders (including sickle cell disease)
 - Chronic lung disease [including asthma or COPD]
 - Diabetes
 - Heart disease
 - Kidney disorders
 - Liver disorders
 - Neurological disorders (including nervous system, brain or spinal cord)
 - Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
 - Weakened immune systems (including people with AIDS)



DECISION

Call your doctor today or go to an Urgent Care Center

Box D: SITUATION FOR AN ADULT OR CHILD

The person has a fever and one of these symptoms:

- Shortness of breath
- Difficulty breathing
- Painful breathing
- Vomiting for more than four hours
- Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated despite aggressive fever management
- Severe neck stiffness
- Drowsiness, confusion, disorientation, or difficulty being roused
- Convulsions
- No urination for 12 hours
- Fever in an infant under 3 months old (100.2F or greater)



DECISION

Go to the emergency room immediately.
Call 9-1-1, if necessary