



# WHAT TO DO... WHEN YOU THINK YOU HAVE THE FLU

If You Are:	And You Have:	Please:
<ul style="list-style-type: none"> <li>• Not pregnant</li> <li>• A healthy person between the ages of 5 and 64</li> <li>• Not immunosuppressed</li> </ul>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Body aches</li> <li>• Headache</li> <li>• Fatigue</li> <li>• Chills</li> <li>• Vomiting OR</li> <li>• Diarrhea</li> </ul>	<p>Stay home until your fever is gone without using medicine for 24 hours. Don't go to a hospital.</p>
<ul style="list-style-type: none"> <li>• Pregnant</li> <li>• Under age 5 or over age 65</li> <li>• Suffering from a chronic condition (heart, lungs, kidney, liver, blood, diabetes)</li> <li>• A child on long-term aspirin therapy</li> <li>• Immunosuppressed (due to HIV or a transplant)</li> <li>• A nursing home resident</li> </ul>	<p><b>Any</b> of the following:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Body aches</li> <li>• Headache</li> <li>• Fatigue</li> <li>• Chills</li> <li>• Vomiting OR</li> <li>• Diarrhea</li> </ul>	<p>Call your doctor to discuss the need for flu medicine. Don't go to a hospital.</p>
<p><b>Anybody</b> with severe illness</p>	<p><b>Any</b> of the following:</p> <ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Coughing that produces thick mucus</li> <li>• Blue skin or lips</li> <li>• Chest Pain</li> <li>• Signs of dehydration (like dizziness when standing, not urinating or no tears when an infant cries)</li> <li>• Vomiting and are unable to keep liquids down</li> <li>• An existing medical condition that gets worse</li> <li>• Confusion or are unusually irritable</li> <li>• A stiff neck</li> <li>• An inability to move arms or legs</li> <li>• A seizure</li> </ul>	<p>Get to a hospital right away. If you call 911, tell them you may have severe influenza.</p>