

## DOES EVERYONE WITH FLU NEED TO SEEK MEDICAL CARE OR GET TESTED?

### ABSOLUTELY NOT!

In most cases sick persons will recover on their own without medical attention. Testing is generally only done when illness is severe and hospitalization is required.

Seek medical help from your primary care provider if you are:

- Coughing up mucus that is thick or yellow-green
- Developing new symptoms after about 5 days
- Having any severe symptoms or any of the listed warning signs
- Exhibiting signs of dehydration
- Have an existing medical condition that seems to get worse
- Seeing no improvement after about a week or two
- All ill children less than 1 year of age



## HOW DO I KNOW IF I HAVE THE FLU?

You may have the flu if you have some or all of these symptoms:

- A fever greater than 100.4°F orally\*
- Dry, hacking cough
- Sore throat
- Runny or stuffy nose
- Muscle and body aches
- Headache
- Chills
- Fatigue
- Eye irritation
- Chest discomfort
- Sometimes diarrhea and vomiting

\*It's important to note that not everyone with the flu will have a fever



*The Mercy Circle of Caring™*

## WHEN TO SEEK MEDICAL CARE

# H1N1 and Seasonal Flu



## WHEN TO GO TO THE EMERGENCY ROOM

- Trouble swallowing
- Trouble breathing
- Bluish skin
- Disorientation or confusion
- Feeling lightheaded, faint, or too dizzy and weak to stand
- Chest pain or pressure
- Stiff neck
- Any of the listed emergency warning signs

If you go to the emergency room you may have a lengthy wait and you may not receive any prescriptions



## EMERGENCY WARNING SIGNS IN CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

## EMERGENCY WARNING SIGNS IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Feels like passing out
- Confusion
- Severe or persistent vomiting

## WHEN TO CALL 911



- Bluish skin
- Trouble breathing
- Chest pain or pressure
- Confusion/non-responsive

If you don't have a critical emergency consider having someone drive you to the emergency room

Arriving by ambulance will NOT decrease wait time

## DON'T CALL 911 IF

You only need advice or information about the flu