



**Monitor Yourself and Your Family for Flu FACT SHEET**

**Know the general symptoms of flu.**

- Fever (100°F or more)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue

**Understand what you or a family member should do if sick with flu.**

If sick with a fever (100°F or more) PLUS a cough, sore throat, OR runny/stuffy nose AND

IF YOU ARE:	YOU SHOULD:
<b><u>Not at high risk</u></b> for severe illness from flu	<b><u>STAY HOME</u></b> until fever-free without medicine for 24 hours.  <b>Warning!</b> If caring for a sick child or teenager, do NOT give aspirin because this can cause a rare but serious illness called Reye’s syndrome.
<b><u>High risk</u></b> for severe illness from flu*	<b><u>CALL A DOCTOR</u></b> to find out if you or the family member needs medicine.
<b><u>Anybody having severe symptoms</u></b> like difficulty breathing (see warning signs below)	<b><u>GO TO THE HOSPITAL</u></b> right away. If you call 911, say you may have severe flu.

\* People at high risk for severe illness from flu: Children under 5. Pregnant women. Older adults over 65. People with diabetes, asthma (or other lung diseases), heart, liver or kidney diseases. Children under 18 on long term aspirin therapy. People with conditions that weaken their immune systems such as cancer or HIV.

**Recognize warning signs of severe illness.**

If you or a family member becomes ill and experiences any warning signs, **go to the hospital right away.**

*In children, emergency warning signs that need urgent medical attention include:*

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

*In adults, emergency warning signs that need urgent medical attention include:*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough