

# H1N1 and Seasonal Flu Guidance Chart

## Protecting Yourself, Protecting Others

### IF YOU HAVE FLU SYMPTOMS:

Use the guidelines in this table to help make the best decision for your and your loved ones.

Always use hygiene and prevention measures to avoid contamination:

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow rather than into your hands
- Keep your surroundings clean

<p><b>SITUATION FOR AN ADULT OR CHILD</b></p> <p>The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:</p> <ol style="list-style-type: none"> <li>1. Sore throat</li> <li>2. Runny nose</li> <li>3. Stuffy nose</li> <li>4. Cough</li> </ol>	<p><b>1. GUIDANCE*</b></p> <p>Probably a cold. Rest is indicated.</p>
<p><b>SITUATION FOR AN ADULT OR CHILD</b></p> <p>The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:</p> <ol style="list-style-type: none"> <li>1. Cough</li> <li>2. Significant fatigue</li> <li>3. Muscle aches</li> <li>4. Sore throat</li> <li>5. Headache</li> </ol>	<p><b>2. GUIDANCE*</b></p> <p>Probably the flu. Rest at home is indicated.</p>
<p><b>SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS</b></p> <p>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, the elderly, pregnant women, and individuals with chronic diseases).</p> <p><b>SITUATION FOR AN ADULT OR CHILD</b></p> <p>The person has a fever and one of these symptoms:</p> <ol style="list-style-type: none"> <li>1. Shortness of breath</li> <li>2. Difficulty breathing</li> <li>3. Painful breathing</li> <li>4. Vomiting for more than four hours</li> <li>5. Fever in a child who is too quiet and less active than normal or who refuses to play or is agitated.</li> </ol>	<p><b>3. GUIDANCE*</b></p> <p>See a Doctor today</p> <p>Antiviral Medication may be necessary.</p>
<p><b>SITUATION FOR AN ADULT OR CHILD</b></p> <p>The person has a fever over 38°C (100.4°F) and one of the following:</p> <ol style="list-style-type: none"> <li>1. Difficulty breathing that persists or worsens</li> <li>2. Blue lips</li> <li>3. Difficulty moving</li> <li>4. Severe neck stiffness</li> <li>5. Drowsiness, confusion, disorientation, or difficulty being roused.</li> <li>6. Convulsions</li> <li>7. No urination for 12 hours</li> <li>8. Fever in an infant under 3 months old</li> </ol>	<p><b>4. GUIDANCE*</b></p> <p>Go to the emergency room immediately</p> <p>Call 911, if necessary</p>

### GENERAL INFORMATION

**If you decide to seek care, please be aware of the symptoms that the emergency rooms take serious and treat first. Seek other ways to care for yourself if you don't fall into the Orange or Red (3<sup>rd</sup> and 4<sup>th</sup>) categories.**

#### Stanislaus County Web Sites:

Stanislaus County Emergency Information:

[www.stanemergency.com](http://www.stanemergency.com)

Stanislaus County Health Services Agency:

[www.hsahealth.org](http://www.hsahealth.org)

#### Other Web Sites:

[www.cdc.gov.H1N1flu](http://www.cdc.gov.H1N1flu)

[www.flu.gov](http://www.flu.gov)

#### For information by phone:

Flu Hotline:

209-558-8872

CDC H1N1 Hotline:

1-800-865-0564

#### Important Phone Numbers:

Your Doctor:

Your Pharmacist:



\*If you have any questions regarding this guidance, please contact your healthcare provider.