

DO YOU THINK YOU HAVE INFLUENZA? When to Seek Medical Attention

SYMPTOMS OF INFLUENZA:

- fever of more than 38°C and cough

AND (one or more of the following symptoms):

- sore throat
- shortness of breath/difficulty breathing
- fatigue
- aching muscles and/or joints

(note: young children do not always have a fever; some people may also have diarrhea and vomiting)

INSTRUCTIONS TO HELP YOU FEEL BETTER AT HOME

- Stay home until your fever has been gone for 24 hrs and you can resume normal activities.
- A dry cough, in the absence of other symptoms, may continue for days to weeks and is not a reason to stay home.
- Avoid contact with the rest of the family as much as possible. If you need to be close to others, consider wearing a surgical mask.
- Cough into a tissue or your sleeve. Discard used tissues immediately.
- Wash hands often using soap and water or use an alcohol-based hand sanitizer.
- Don't share personal items or drinks. Make sure you have your own towel in the bathroom.
- Try to avoid having visitors in the house.
- Children and teenagers: avoid the use of aspirin and aspirin-containing products.

Contact Telehealth Ontario at 1-866-797-0000 if you have any additional questions.

Call your health care provider if you have any influenza-like symptoms and:

- Are pregnant
- Have heart or lung disease
- Have chronic health problems that require regular medical attention
- Are over 65 years of age
- Have an illness that affects your immune system such as cancer or HIV/AIDS
- Are under 5 years of age

What to do:

- Consult your health care provider as soon as symptoms develop.
- If you have no health care provider call Telehealth Ontario at 1-866-797-0000.
- Inform your health care provider that you have symptoms of influenza before or as soon as you arrive so that proper precautions can be taken to prevent spread to others.

Are your symptoms getting worse?

Symptoms of worsening illness include:

- Difficulty breathing/shortness of breath when doing very little or resting
- Chest pain
- Continuous vomiting or severe diarrhea with signs of dehydration such as dizziness when standing, dry mouth and tongue and/or decreased peeing
- Confusion, disorientation
- Seizures
- Stiff neck or sensitive to light
- Fever returning after a few days of feeling better

In children also watch for:

- Blue lips, cold feet, cold hands and/or toes, sudden paleness
- Extreme lack of energy, limp or unconscious

What to do:

- Go to the nearest emergency department.
- If symptoms are severe, call 911.
- Inform the emergency department and/or ambulance attendants that you have symptoms of influenza so that proper precautions can be taken to prevent spread to others.

If in doubt, always call your health care provider or
Telehealth Ontario at 1-866-797-0000