

I know that Influenza (flu) is a serious, contagious disease; and my child is sick.



What do I do and When?

## When to Seek Immediate Medical Attention? Knowing the Difference... Can Make a Difference!

When someone is ill, knowing “What to do” and “When to do it” can be difficult questions. Use the tips below for help.

**Flu-like symptoms include: fever (usually high), headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, sore throat, vomiting, and sometimes diarrhea.**

**SOME people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are: Young children (under 5), but especially those younger than 2 years old, People 65 and older, Pregnant women, and People who have: Cancer, Blood Disorders, Diabetes, Chronic Lung or Heart disease, Kidney or Liver disorders, Neurological or Neuromuscular disorders and Weakened immune systems.**

**If any person becomes ill with any of the following WARNING SIGNS, call your healthcare provider and seek immediate medical attention.**

CHILDREN	ADULTS
Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish or gray skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluids	Sudden dizziness
Severe or persistent vomiting	Severe or persistent vomiting
Not waking up or not interacting	Confusion
Flu-like symptoms improve but then return with fever and worse cough.	Flu-like symptoms improve but then return with fever and worse cough
Being so irritable that the child does not want to be held	