

Decision Chart

Protecting Yourself, Protecting Others

DO YOU HAVE FLU SYMPTOMS? (fever, sore throat, cough, headache, muscle aches)

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

DO YOU HAVE ANY OF THESE WARNING SIGNS?

BOTH ADULTS AND CHILDREN

- > Confusion or can't be woken up
- > Difficulty breathing
- > Pain or pressure in chest or abdomen
- > Blue lips or skin rash
- > Unable to drink or keep liquids down

IN CHILDREN

- > Fever in an infant under 3 months old
- > Excessive irritability

DECISION:

Seek emergency care as soon as possible.

Call 9-1-1, if necessary.

DO YOU HAVE ANY OF THESE RISK FACTORS?

- > Children under 5 years old
- > Adults over 65 years old
- > Pregnant women and up to 2 weeks post-partum
- > Nursing home and long-term care residents
- > American Indians or Alaska Natives
- > Asthma, Chronic Lung Disease, or Heart Disease
- > Blood, Endocrine, Kidney, Liver, Metabolic disorders
- > Weakened Immunity from Cancer, HIV, or Steroids
- > Extreme Obesity (body mass index of 40 or more)

DECISION:

Contact your healthcare provider today.

If you are low-income or uninsured call 1-800-978-3040.

NO WARNING SIGNS OR RISK FACTORS ABOVE.

You may have influenza or just the common cold. If no warning signs develop, treat at home; rest, drink plenty of fluids and treat fever with acetaminophen or ibuprofen.

DECISION:

Rest, plenty of fluids and treat fever.

Always use prevention measures to avoid contamination:

- > Wash your hands frequently.
- > Cough or sneeze into the crook of your elbow rather than into your hands.
- > **Stay home if you are sick.**

General Information

For information go to:

<http://public.health.oregon.gov/PreventionWellness/FluPrevention/>

STAY INFORMED!