What To Do If You Have The Flu

bellinhealth

Do you have

1. A fever greater than 100 degrees?
2. Cough, sore throat, body aches, or nasal congestion?
3. Did it start abruptly?
4. Are you between the ages of 5 and 65?
5. Have you been sick less than 36 hours?

If yes to all five questions and high risk
(pregnant or have chronic illness such as asthma, congestive heart failure, diabetes, neurologic disorder, receiving cancer treatment or if unsure)

Call for further information

If no to question 4
(child is younger than 5 or adult is older than 65)

Call for further information

If yes to all five questions,
but not in high-risk category

Then follow home care and isolation instructions

- Drink plenty of fluids
- Get plenty of rest
- Take acetaminophen or ibuprofen for fever and aches
- Use good hand washing
- Cover mouth and nose when coughing or sneezing
- Stay home for at least 24 hours after fever is gone (without the use of fever-reducing medicine)

If fever goes away and then returns within a few days, call to schedule an appointment. If fever is not gone after three days, call to schedule an appointment.

If symptoms are getting worse (see warning signs below), or do not resolve after 7 days, call to schedule an appointment.

- Dehydration
- Difficulty breathing
- Rash

Bellin Health Flu Facts Hotline at 920 445-7313 or 888 330-3524