



# 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 A MEDICAL CONDITION OR ARE YOU OVER 65?**

- > Pregnant
- > Cancer
- > Blood disorders
- > Chronic lung disease like asthma or emphysema
- > Diabetes
- > Heart, kidney or liver disease
- > Nervous system or muscle diseases
- > Weakened immune system
- > Obese (over about 250 lbs. for women, 300 lbs. for men)
- > Your flu-like symptoms clearly improve then you get sicker

#### **DECISION:**

**Contact your healthcare provider today.**

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

#### **NO WARNING SIGNS – YOU DO NOT HAVE A MEDICAL CONDITION LISTED ABOVE.**

You may have influenza or just the common cold. If no warnings signs develop, treat at home; rest, drink plenty of fluids and treat fever with acetaminophen or ibuprofen (do not use aspirin in children under 18 years of age).

#### **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 on H1N1 and to find out where to get vaccinated, call

**1-800-978-3040**

### **STAY INFORMED!**

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)  
[www.flu.gov](http://www.flu.gov)

[www.co.washington.or.us/flu](http://www.co.washington.or.us/flu)  
[www.co.clackamas.or.us/swineflu](http://www.co.clackamas.or.us/swineflu)

[www.mchealth.org](http://www.mchealth.org)  
[www.flu.oregon.gov](http://www.flu.oregon.gov)