Symptoms of Flu & When to Seek Medical Care

This information is provided by the Metro Region EMS. It describes common symptoms of influenza (flu) and how to decide when to stay at home or when to seek medical care.

Symptoms of Flu

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting, and diarrhea (more in children than adults)

If the person has flu symptoms they should:

- Take fever reducers such as: acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
- Rest
- Drink fluids
- Stay home
- Drink plenty of fruit juices, soda, tea, sport drinks, water or Electrolyte Drink
- Avoid Alcohol
- Eat light foods–clear soups, applesauce, crackers
- Use blankets or warm covers as needed

Electrolyte Drink:
1 quart water
1/2 tsp. baking soda
1/2 tsp. table salt
3 to 4 tbsp. sugar
1/4 tsp. salt substitute

Mix well and flavor with lemon juice or sugar-free Kool-Aid®.

But IF the person:

- Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- Has the fever for more than 3 to 5 days
- Feels better, then gets a fever again

➡ **CALL a healthcare provider**

Or IF the person:

- Is confused or extremely irritable
- Is short of breath or is wheezing
- Coughs up blood
- Has pain in the chest when breathing
- Has heart disease (like angina or congestive heart failure) and has chest pain
- Is unable to walk or sit up, or function normally (others might be the ones to notice this - especially in elderly persons)

➡ **CALL 911**

Where Can I Learn More?

- Your healthcare provider
- Your local Public Health Agency
- Local and national news
- Other Metro Region EMS brochures
- On these Web Sites
  - codeready.org
  - pandemicflu.gov
  - ReadyCarver.org
  - emsmn.org

Prevent the Spread of Pandemic Flu

- Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.

Disinfectant:
1 gallon water
1/4 cup bleach
Mix up a fresh batch every time you use it.