

Helpful **Flu Guide** From Carson Tahoe Regional Healthcare

When to Stay Home - When to Seek Treatment

If you have a temperature at or above 100 degrees Fahrenheit and a cough or sore throat, you may have the flu.

Stay home if...

- You are experiencing flu-like symptoms that are manageable and you are gradually getting better

What to do at home

- Rest
- Drink plenty of fluids
- Once fever is gone, *stay home at least 24 hours*
- Make sure to get up and move every 2 - 4 hours while awake

Seek treatment if...

- You have underlying health issues such as pregnancy, asthma, obesity, COPD, diabetes or autoimmune disorders and are experiencing extreme flu-like symptoms

Seek immediate medical care if...

Warning signs for children

- Fast or troubled breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Shows signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and a worse cough, or breathing difficulties
- Seizures (uncontrolled convulsions)

Warning signs for adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and a worse cough, or breathing difficulties
- Purple or blue discoloration of the lips
- Vomiting and inability to keep liquids down
- High fever

Before leaving for treatment...

- Please cover your mouth with a mask or scarf

For more information:

Nevada H1N1 Helpline: **(866) 767-5038**

www.cdc.gov/h1n1flu

here's to your health.



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www.carsontahoe.com