

NMDOH Interim Flu Decision Chart (10/19/09)

Protecting Yourself, Protecting Others

IF YOU HAVE FLU SYMPTOMS

Use the guidelines in this table to help make the best decision for you and your loved ones. It is not important to know if you have seasonal flu or H1N1, the recommendations are the same. Also, remember to wash your hands often and to cover coughs and sneezes with a tissue or the inside of your sleeve.

SITUATION FOR AN ADULT OR CHILD	DECISION
<p>The person does not have a fever (temperature is less than 38°C or 100.4°F), but does have these symptoms: > Sore throat > Stuffy nose > Runny nose > Cough</p>	<p>Probably a cold. Rest is indicated.</p>
<p>The person has a fever over 38°C (100.4°F) that is accompanied by these symptoms: > Cough > Sore throat > Significant fatigue > Headache > Muscle aches</p> <p style="text-align: center;">AND</p> <p>The person does <u>not</u> belong to a group at higher risk of developing flu-related complications (see next box.)</p>	<p>Probably the flu. Rest at home until 24 hours after the fever is gone (without the use of fever-reducing medication.) Drink plenty of liquids and take fever reducers such as ibuprofen and acetaminophen. Children with fever should not take aspirin or aspirin-containing products such as Pepto-Bismol. Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.</p>
<p>The person has a fever over 38°C (100.4°F) that is accompanied by these symptoms: > Cough > Sore throat > Significant fatigue > Headache > Muscle aches</p> <p style="text-align: center;">AND</p> <p>The person <u>belongs to a group at higher risk for flu-related complications</u> (children under 2 years of age; adults age 65 and older; pregnant women and women up to 2 weeks postpartum; persons under 19 years of age on long-term aspirin treatment; and people of any age who have a chronic lung disease such as asthma or COPD, diabetes, heart disease, cancer, kidney or liver disorders, blood disorders such as sickle cell disease, weakened immune systems from medications or AIDS, brain or spinal cord injuries, or neuromuscular disorders such as muscular dystrophy and multiple sclerosis.)</p>	<p>Probably the flu. Contact a doctor, community health center or the NM DOH Health Alert Hotline (1-866-850-5893) today for possible treatment with anti-viral medications that might decrease the risk for severe flu complications (most effective when started within 48 hours of symptoms onset.)</p> <p style="text-align: center;">ALSO</p> <p>Rest at home until 24 hours after the fever is gone (without the use of fever-reducing medication.) Drink plenty of liquids. Take fever reducers such as ibuprofen and acetaminophen as directed by your doctor. Children with fever should not take aspirin or aspirin-containing products such as Pepto-Bismol. Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.</p>
<p>What are the emergency warning signs?</p> <p>In children</p> <ul style="list-style-type: none"> • Fast breathing or trouble breathing • Bluish skin color • Not drinking enough fluids • 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 worse cough • Fever with a rash <p>In adults</p> <ul style="list-style-type: none"> • Difficulty breathing or shortness of breath • Pain or pressure in the chest or abdomen • Sudden dizziness • Confusion • Severe or persistent vomiting 	<p><u>Go to the emergency room immediately.</u> <u>Call 9-1-1, if necessary.</u></p>