



Influenza Decision Chart

Have flu symptoms? Need help deciding what to do?

Use this table to help make the best decision for you and your loved ones.

<p>Symptoms for an adult or child: <i>No fever (temperature less than 38.5°C or 101.3°F), but has these symptoms:</i></p> <ul style="list-style-type: none"> • Sore throat • Stuffy nose • Runny nose • Cough 	<p>Decision Probably a cold. Rest at home.</p>
<p>Symptoms for a healthy, non-pregnant adult or healthy child 5 years of age and older: <i>A sudden fever over 38.5°C (101.3°F) with these symptoms:</i></p> <ul style="list-style-type: none"> • Cough • Sore throat • Headache • Extreme tiredness • Sore muscles and joints 	<p>Decision Probably the flu. Rest at home. Refer to the Self Care fact sheet under General Information at www.gov.ns.ca/h1n1 or, if you need advice, call 811.</p>
<p>Symptoms for an adult or child at risk of complications: <i>A sudden fever over 38.5°C (101.3°F) with these symptoms:</i></p> <ul style="list-style-type: none"> • Cough • Sore throat • Headache • Extreme tiredness • Sore muscles and joints <p><i>Those at risk of developing complications include:</i></p> <ul style="list-style-type: none"> • Children under 5 years of age, • Pregnant women, • People with chronic conditions requiring regular medical care, such as: <ul style="list-style-type: none"> • Asthma and chronic lung disease • Diabetes • Heart disease • Chronic kidney or liver disease • Immunosuppressed conditions • Blood disorders, such as anemia and sickle cell anemia • Neurological disease and disorders causing swallowing and breathing problems • Severe obesity 	<p>Decision Visit a flu assessment centre, or see a health care provider (doctor, nurse practitioner or family practice nurse) today. If uncertain, call 811.</p> <p>For details on flu assessment centres, visit www.gov.ns.ca/h1n1, call your local district health authority or call 811.</p>
<p>Symptoms for a very sick adult or child:</p> <ul style="list-style-type: none"> • High fever greater than 38.5 C (101.3°F) for more than three days • Severe persistent chest pain • Severe shortness of breath • Severe or persistent vomiting • Confusion or disorientation • Grey skin color or blue lips • In children, failure to eat or drink sufficiently, sleepiness and difficulty waking, lack of interaction, irritability and no urination in 12 hours 	<p>Decision Go to the emergency room immediately, or call 911, if necessary.</p>

Important: Should your symptoms continue or get worse, see a health care provider to be reassessed.

For health information and advice, [call HealthLink 811](tel:811).

For information on H1N1 and seasonal flu, [visit www.gov.ns.ca/h1n1](http://www.gov.ns.ca/h1n1).