

# OMINECA MEDICAL CLINIC

## Decision Chart

### Protecting yourself and others if you have flu symptoms

Use the guidelines in this table to help make the best decision for you and your loved ones. Always use hygiene and prevention measures to avoid contamination:

- Wash your hands frequently.
- Cough or sneeze into the crook of your elbow rather than into your hands.
- Keep your surroundings clean.

<p style="text-align: center;"><b>SITUATION FOR A HEALTHY ADULT OR CHILD</b></p> <p>The person does not have a fever (temperature less than 38C or 100.4F) but does have these symptoms</p> <ul style="list-style-type: none"> <li>• Sore Throat</li> <li>• Cough</li> <li>• Runny Nose</li> <li>• Stuffy Nose</li> </ul>	<p style="text-align: center;"><b>DECISION</b></p> <p>Probably a cold. Rest at home.</p>
<p style="text-align: center;"><b>SITUATION FOR A HEALTHY ADULT OR CHILD</b></p> <p>The person has a fever over 38C (100.4F) . The fever came on suddenly and is accompanied by these symptoms</p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Sore throat</li> <li>• Headache</li> <li>• Significant fatigue</li> <li>• Muscle aches</li> </ul>	<p style="text-align: center;"><b>DECISION</b></p> <p>Probably the flu. Rest at home. Call Health Link at 8-1-1 if needed.</p>
<p style="text-align: center;"><b>SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS</b></p> <p>The person has a fever over 38C (100.4F) and belongs to a group at risk of developing complication (children under 2 years of age, seniors, pregnant women and individuals with chronic disease.)</p>	<p style="text-align: center;"><b>DECISION</b></p> <p>Start your tamiflu prescription or see a doctor today.</p>
<p style="text-align: center;"><b>SITUATION FOR ANY ADULT OR CHILD</b></p> <p>The person has a fever over 38C (100.4F) and one of the following:</p> <ul style="list-style-type: none"> <li>• Shortness of breath or difficulty breathing</li> <li>• Blue lips</li> <li>• Difficulty moving</li> <li>• Vomiting for more than four hours</li> <li>• Fever in a child who is too quiet and less active than normal, who refuses to play or is agitated</li> <li>• Severe neck stiffness</li> <li>• Drowsiness, confusion, disorientation or difficulty being roused</li> <li>• Convulsions</li> <li>• No urination for 12 hours</li> <li>• Fever in an infant under 3 months old</li> </ul>	<p style="text-align: center;"><b>DECISION</b></p> <p>Go to the emergency room immediately or call an ambulance.</p>