

H1N1 Decision Chart

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.

SITUATION FOR AN ADULT OR CHILD

WHAT TO DO?

LOW URGENCY

The person does not have a fever (temperature less than 38°C (100.4°F), but does have these symptoms:

- Sore throat
- Runny nose
- Stuffy nose
- Cough

Probably a cold.
Get some rest.

MEDIUM URGENCY

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- Cough
- Significant fatigue
- Headache
- Sore throat
- Muscle aches

Probably the flu.
Rest at home.

HIGH URGENCY

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under one year of age, the elderly, pregnant women, and individuals with chronic diseases).

The person has a fever and one of these symptoms:

- Shortness of breath
- Difficulty breathing
- Painful breathing
- Vomiting for more than four hours
- Fever in a child who is too quiet and less active than normal or who refuses to play or is agitated

See a doctor today.

IMMEDIATE URGENCY

The person has a fever over 38°C (100.4°F) and one of the following:

- Difficulty breathing that persists or worsens
- Blue lips
- Convulsions
- No urination for 12 hours
- Severe neck stiffness
- Drowsiness, disorientation, confusion, or difficulty being roused
- Fever in an infant under three months old

Go to the hospital emergency department immediately.

Call 911 if necessary.

CONTACT INFORMATION

Health Link Alberta

Calgary 403-943-5465
Edmonton 780-408-5465 or
Toll-Free 1-866-408-5465

Stay informed, visit
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