

# Flu Decision Chart

## 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. Always use hygiene and prevention measures to avoid contamination:

- > Wash your hands frequently.
- > Cough or sneeze into a tissue you can dispose of or your sleeve
- > Keep your surroundings clean.

<p><b>SITUATION FOR AN ADULT OR CHILD</b> The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms: &gt; Sore throat &gt; Stuffy nose &gt; Runny nose &gt; Cough</p>	<p><b>DECISION</b> <b>Probably a cold. Rest is indicated.</b></p>
<p><b>SITUATION FOR AN ADULT OR CHILD</b> The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms: &gt; Cough &gt; Sore throat &gt; Significant fatigue &gt; Headache &gt; Muscle aches</p>	<p><b>DECISION</b> <b>Probably the flu. Rest at home until 24 hours after the fever is gone. Drink plenty of liquids and take fever reducers such as ibuprofen and acetaminophen. Children with fever should not take aspirin.</b></p>
<p><b>SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS</b> The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, the elderly, pregnant women, and individuals with chronic diseases).</p>	<p><b>DECISION</b> <b>See a doctor today.</b></p>
<p><b>SITUATION FOR AN ADULT OR CHILD</b> The person has a fever and one of these symptoms: &gt; Shortness of breath &gt; Difficulty breathing &gt; Painful breathing &gt; Vomiting for more than four hours &gt; Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated</p>	<p><b>DECISION</b> <b>Go to the emergency room immediately. Call 9-1-1, if necessary.</b></p>
<p><b>SITUATION FOR AN ADULT OR CHILD</b> The person has a fever over 38°C (100.4°F) and one of the following: &gt; Difficulty breathing that persists or worsens &gt; Blue lips &gt; Difficulty moving &gt; Severe neck stiffness &gt; Drowsiness, confusion, disorientation, or difficulty being roused &gt; Convulsions &gt; No urination for 12 hours &gt; Fever in an infant under 3 months old</p>	<p><b>DECISION</b> <b>Go to the emergency room immediately. Call 9-1-1, if necessary.</b></p>

**Spanish speaking hotline  
1-800-784-0934**

**Local Public Health Office  
phone numbers can be found  
in the blue “local government”  
section of the phone book.**

**Immunization Location Hotline,  
1-866-681-5872**

**If you have health-related  
questions call your doctor or  
the New Mexico Nurse Advice  
Line, 1-877-725-2552**



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