

# Flu Season is Here

## TIPS TO STAY HEALTHY THIS FLU SEASON



**With reported flu cases on the rise, here's what you can do to protect yourself and others:**

**1. Get yourself and your family vaccinated.**

- Everyone 6 months or older should have a flu shot.
- The flu shot does not and cannot cause flu illness.
- If you are pregnant or considering pregnancy, please get a flu vaccine to reduce the risk of illness in your baby.

**2. Take preventive actions:**

- Wash your hands often with soap and water or alcohol-based hand rub.
- Cover your coughs and sneezes.
- Stay away from people who are sick.

**ALREADY HAVE SYMPTOMS? SEE REVERSE FOR TREATMENT GUIDELINES >>**

THE  
**University of Vermont**  
HEALTH NETWORK  
Central Vermont Medical Center

# What to do about the flu

## GUIDELINES FOR DECIDING ABOUT CARE

### SYMPTOMS

#### ADULTS AND CHILDREN – NO FEVER

Temperature less than 100°F (37.8°C), with one or more of the following:

- Cough
- Sore throat
- Runny nose
- Stuffy nose

#### ADULTS AND CHILDREN WITH FLU-LIKE SYMPTOMS

Temperature greater than 100°F (37.8°C), with sore throat or cough, and one or more of the following:

- Significant fatigue
- Muscle or body aches
- Headache
- Diarrhea
- Vomiting
- Chills

#### ADULTS AND CHILDREN AT HIGH RISK FROM FLU<sup>1</sup>

Some people are at high risk of developing serious complications if they get sick with flu-like symptoms:

- Children younger than 5 years, especially those under 2
- Adults 65 and older
- Pregnant women (and women up to two weeks postpartum)
- People of any age with certain chronic medical conditions such as asthma, diabetes, or heart disease

#### ADULTS AND CHILDREN WITH ADDITIONAL SYMPTOMS<sup>1</sup>

All people with flu-like symptoms are at greater risk if:

- Experiencing shortness of breath, difficult or painful breathing
- A child with fever is too quiet and less active than normal, refuses to play or is agitated
- Illness returns after apparent recovery
- Individual is severely ill and you need help caring for him/her

#### EMERGENCY WARNING SIGNS IN CHILDREN<sup>1</sup>

- Fast breathing or trouble breathing
- Bluish skin color or lips
- 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

#### EMERGENCY WARNING SIGNS IN ADULTS<sup>1</sup>

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

### RECOMMENDATIONS

#### PROBABLY A COLD

- Rest
- Home care as needed

#### MAY BE THE FLU

- Consider alternative diagnoses such as strep throat
- Stay home & rest until no fever for at least 24 hours without taking fever-reducing medication

See CDC treatment information: [cdc.gov/flu/treatment](https://www.cdc.gov/flu/treatment)

#### CALL your health care provider.

#### FOR INFANTS:

If child is less than 3 months old, **DO NOT** give fever-reducing medicine before seeking medical advice.

#### CONTACT YOUR HEALTH CARE PROVIDER IMMEDIATELY OR GO TO THE EMERGENCY ROOM. CALL 911 IF NECESSARY

#### FOR INFANTS:

In addition to the signs at left, get medical help right away for any infant who has any of these signs:

- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Has significantly fewer wet diapers than normal

<sup>1</sup> There may be situations where some conditions may be managed at home with proper intervention