

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 family. 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

The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:
 Sore throat Stuffy nose
 Runny nose Cough

DECISION

**Probably a cold.
 Rest at home.**

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:
 - Cough
 - Sore throat - Significant fatigue
 - Headache - Muscle aches

DECISION

**Probably the flu.
 Rest at home.
 ILI Self Assessment Charts (Link below)*.
 Call Tele-Health
 1-866-797-0000**

SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

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, seniors, pregnant women, and individuals with chronic diseases).

DECISION

See a doctor today.

SITUATION FOR AN ADULT OR CHILD

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, who refuses to play or is agitated

DECISION

**Go to the emergency room immediately.
 Call 9-1-1, if necessary.**

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F) and one of the following:
 - Difficulty breathing that persists or worsens
 - Blue lips
 - Difficulty moving
 - Severe neck stiffness
 - Drowsiness, confusion, disorientation, or difficulty being roused
 - Convulsions
 - No urination for 12 hours
 - Fever in an infant under 3 months old

General Information

HKPR District Health Unit H1N1
 Hotline **1-866-888-4577**

www.hkpr.on.ca

info@hkpr.on.ca

Important Phone Numbers:

Your Doctor:

Your Pharmacist:

Stay informed. Visit

www.hkpr.on.ca

for up-to-date information

Last Update: October 29, 2009

Adapted from: *Santé et service sociaux Québec*
<http://www.msss.gouv.qc.ca/en/index.php>

* http://www.health.gov.on.ca/en/ccom/flu/h1n1/public/tools/assessment/sa_charts_en.pdf