

Self-Triage for a Person with Influenza-like Symptoms

Typical flu symptoms include:

A fever that ranges from 100-104°F

Muscle Aches

Cough

Headache

Eye pain

Feeling very cold or having chills

Feeling very tired

Sore throat, runny or stuffy nose

You may also have vomiting & diarrhea



STAY HOME

***Rest**

***Drink Fluids**

***Take fever reducers**

(according to package directions)

But if you...

Or if you...

- *Are unable to drink**
- *Have a fever of 100°F or more for more than 3 days**
- *Develop a productive cough with green or yellow mucous for more than 2 days**
- *Cough with yellow or green mucous AND have a fever >100°F**

- *Become very short of breath or you develop wheezing**
- *Cough up blood**
- *Have chest pain while breathing**
- *Have heart disease (such as angina or congestive heart failure) AND you develop chest pain**
- *Severe Headache**

Call your healthcare provider.

If you are a student:

Call the SCC 773-702-4156

Call 911 or go to the nearest emergency room