

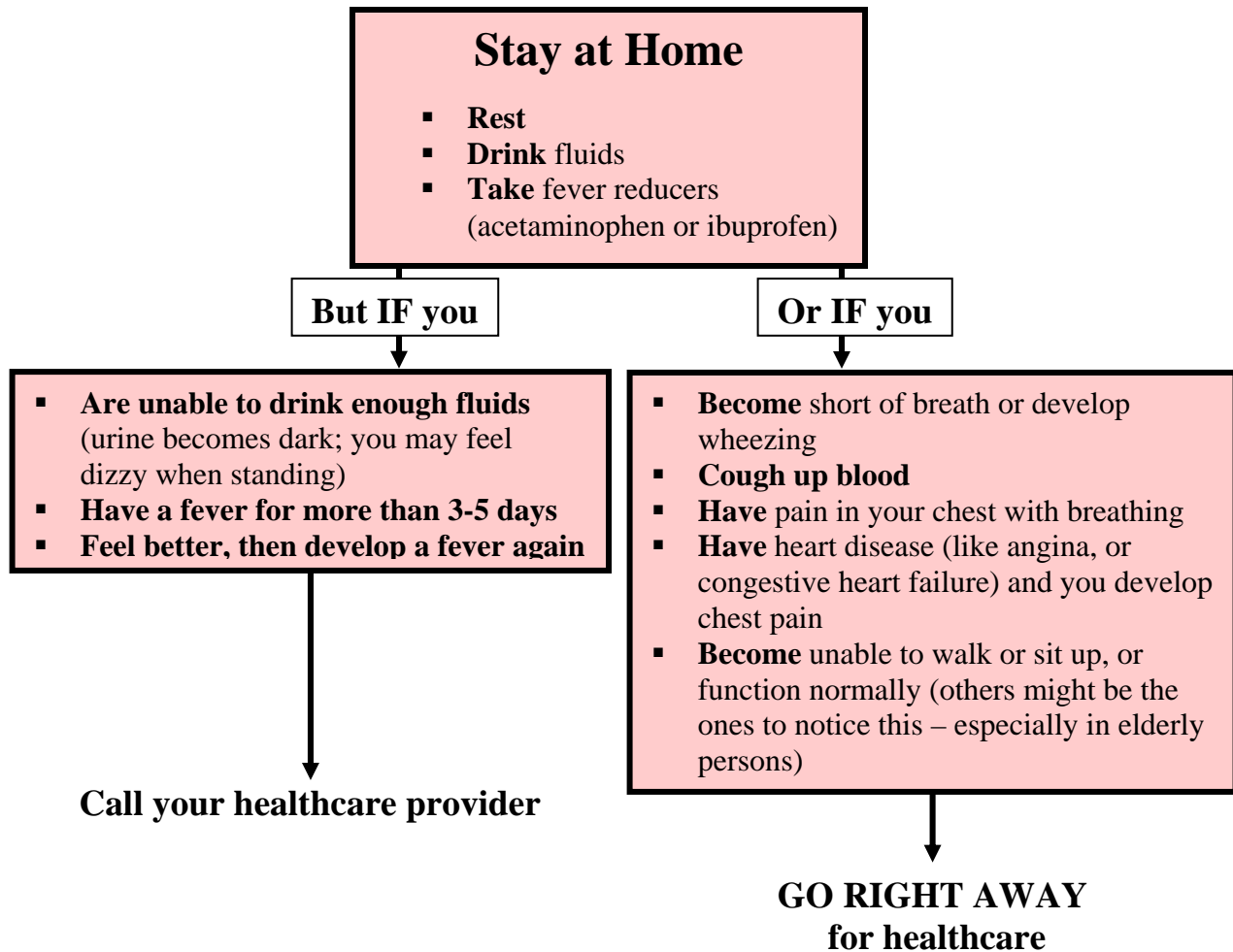
Influenza Self-Triage and Home Care Resources

The symptoms of influenza are:

- ✓ Fever- low (99°) to high (104°), usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later
- ✓ Aching muscles
- ✓ Cough
- ✓ Headache
- ✓ Joint aches
- ✓ Eye pain
- ✓ Feeling very cold or having shaking chills
- ✓ Feeling very tired
- ✓ Sore throat, runny or stuffy nose

Self-Triage and Home Care Algorithm for Persons with Influenza Symptoms

If you have some influenza symptoms:



Influenza Self-Triage and Home Care Resources

A person with influenza will often become ill very suddenly

Fever and the worst symptoms often last three days, but sometimes last as many as eight days. The person may feel weak, tired or less energetic than normal for weeks afterward, and have a long-lasting hacking cough.

Common symptoms:

- ✓ Fever- low (99°) to high (104°), usually for 3 days, but may persist for 4 to 8 days. Sometimes fever will go away and return a day later
- ✓ Extreme fatigue
- ✓ Muscle and body aches
- ✓ Feeling very cold or having shaking chills
- ✓ Joint aches
- ✓ Headache (may be severe)
- ✓ Eye pain
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Dry cough initially, may become a deep, hacking, and painful cough over the course of several days
- ✓ No appetite for food or desire to drink fluids

Supplies to have on hand

- ✓ Thermometer
- ✓ Acetaminophen
- ✓ Cough suppressants/cough syrup
- ✓ Drinks – fruit juices, sports drinks
- ✓ Light foods – clear soups, crackers, applesauce
- ✓ Blankets; warm covers
- ✓ Procedure/Surgical masks

Caring for a person with influenza:

- ✓ Comfort measures
- ✓ Have the patient rest in bed
- ✓ Allow the sick person to judge the amount of bed covers needed; when fever is high, the person may feel very cold and want several blankets
- ✓ Give acetaminophen or ibuprofen according to the package label or a health care provider's direction to reduce fever, headache, and muscle and joint or eye pain
- ✓ Fluids-give frequently, extremely important to replace body fluids that are lost as a result of fever
- ✓ Feeding - Give light foods as the person wants: fluids are more important than food, especially in the first days when the fever may be highest
- ✓ Masks – The sick person should wear a protective mask when anyone is in the same room or car

When to seek additional medical advice:

- ✓ If the person is short of breath or breathing rapidly at rest
- ✓ If the person's skin is dusky or bluish in color
- ✓ If the person is disoriented ("out of it")
- ✓ If the person is so dizzy or weak that standing is difficult (in a person who was able to walk before the illness)
- ✓ If the person has not urinated in 12 or more hours

