

Got the flu?

Or another seasonal illness?

Here's what you can do . . .

Seasonal illness, such as influenza and acute gastro-intestinal illness, are currently circulating in the community. Both are highly contagious illnesses that most often are best treated at home and seldom require hospitalization.

Do you have influenza?

Use these guidelines in this table to help you make decisions about what care is required if you have influenza-like symptoms. (See reverse for what to do if you have diarrhea and/or vomiting.)

- Get vaccinated against influenza virus, the cause of the most serious illness. It's the best way to prevent influenza.
- Wash your hands frequently.
- Cough or sneeze into the crook of your elbow rather than your hands.
- Keep your surroundings clean.
- Stay home if you are ill.

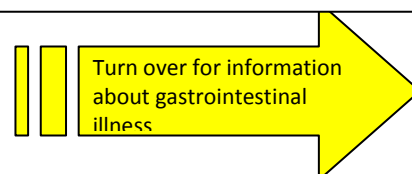
Situation for an Adult or Child with Influenza-like illness

*Children (less than 1 year), adults with chronic conditions, the elderly and pregnant women are at high risk for severe illness and complications so should be seen by a doctor immediately if they are experiencing urgent symptoms

LOW URGENCY	<p>The person does not have a fever (temperature is less than 38°C (100.4°F) but does have these symptoms:</p> <ul style="list-style-type: none"> • Sore throat • Runny nose • Stuffy nose • Cough 	Probably a cold. Get some rest.
MEDIUM URGENCY	<p>The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:</p> <ul style="list-style-type: none"> • Cough • Significant fatigue • Headache • Sore throat • Muscle aches 	Probably the flu. Rest at home.
HIGH URGENCY	<p>The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under one year of age, the elderly, pregnant women, and individuals with chronic diseases).</p> <p>The person has a fever 38°C (100.4°F) and one of these symptoms:</p> <ul style="list-style-type: none"> • Shortness of breath • Difficulty breathing • Pain breathing • Fever in a child who is too quiet and less active than normal or who refuses to play or is agitated. 	<p>Arrange to see a doctor today:</p> <ul style="list-style-type: none"> • Call your doctor's office or • Call Health Link* to arrange an appointment after hours and
IMMEDIATE URGENCY	<p>The person has a fever 38°C (100.4°F) and one of the following:</p> <ul style="list-style-type: none"> • Difficulty breathing that persists or worsens • Blue lips • Convulsions • No urination for 12 hours • Severe neck stiffness • Drowsiness, disorientation, confusions, or difficulty being roused 	Go to hospital emergency department immediately. Call 911 if necessary.

*Timely physician appointments are available during the day, in the evening and on weekends through Primary Care Networks for individuals who are unable to get an appointment with their family physician and for individuals who do not have a family physician. Appointments can be made by calling HealthLink Alberta at 403-943-5465.

***Health Link Alberta**
Calgary 403-943-5465
Toll Free 1-866-408-5465



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Seasonal illness, such as influenza and acute gastro-intestinal illness, are currently circulating in the community. Both are highly contagious illnesses that most often are best treated at home and seldom require hospitalization.

Do you have gastroenteritis?

Use these guidelines in this table to help you make decisions about what care is required if you have symptoms of gastroenteritis (vomiting and/or diarrhea). See reverse for what to do if you have symptoms of an influenza-like illness.

- Wash your hands frequently.
- Persons who are infected should not prepare food while they have symptoms and for 3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.
- Keep your surroundings clean.
- Stay home you if you are ill.

Situation for an Adult or Child with Gastroenteritis

LOW URGENCY	<p>The person does not have a fever (temperature is less than 38°C (100.4°F) but does have these symptoms:</p> <ul style="list-style-type: none"> • nausea • vomiting • diarrhea (runny bowel movements) 	Drink clear fluids, take Gravol for nausea, rest.
MEDIUM URGENCY	<p>The person has any one of the following:</p> <ul style="list-style-type: none"> • Vomiting or diarrhea that lasts longer than 48 hours. • More than 6 runny bowel movements in 24 hours. • Bowel movements with small amounts of mucus or blood. • Your bowel movements are black or bloody. • Fever higher than 38.5°C (101.3°F). • Severe belly (abdominal) pain. • Diarrhea that persists after finishing antibiotics. 	Arrange to see a doctor today: <ul style="list-style-type: none"> • Call your doctor's office or • Call Health Link* to arrange an appointment after hours and weekends.
IMMEDIATE URGENCY	<p>The person has a fever 38°C (100.4°F) and one of the following:</p> <ul style="list-style-type: none"> • Large amounts of blood in the stool. • No urination for 12 hours • Drowsiness, disorientation, confusions, or difficulty being roused 	Go to hospital emergency department immediately. Call 911 if necessary.

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