

When should you seek additional help from a health care provider?

The symptoms of influenza are:

- Fever—low (99 F) to high (104 F), 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

If you have some of these symptoms:

CALL your health care provider

GO RIGHT AWAY for health care

Stay home

- Rest
- Drink fluids
- Take fever reducers (acetaminophen or ibuprofen)

But IF you

Are unable to drink enough fluids (urine becomes dark; you may feel dizzy when standing)
Have the fever for more than 3 to 5 days
Feel better, then develop a fever again

Or IF you

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina or congestive heart failure) and you develop chest pain
- Become unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)