Flu Warning Signs and Sick-Day Checklist

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1. Is anyone high risk? If yes, call a doctor within 48 hours of the first symptoms

[ ] Adult 65 or older [ ] Child under 5 (especially under 2) [ ] Pregnant

[ ] Asthma, diabetes, heart disease or another chronic condition

Antiviral medicines work best when started within 2 days. Only a doctor can prescribe them.

2. Go to an emergency department now if you see

Adults	Children
[ ] Trouble breathing, shortness of breath	[ ] Fast or hard breathing, ribs pulling in
[ ] Ongoing chest or belly pain or pressure	[ ] Bluish lips or face, or chest pain
[ ] Ongoing dizziness, confusion, hard to wake	[ ] No urine for 8 hours, dry mouth, no tears
[ ] Seizures, or not urinating	[ ] Not alert when awake, or seizures
[ ] Severe muscle pain, weakness, unsteadiness	[ ] Fever above 104°F not helped by reducers
[ ] Fever or cough improves, then returns	[ ] Any fever in a baby under 12 weeks

Lists are not complete. Call ahead to the hospital if you can.

3. Back to work or school

Stay home, except for medical care, until for at least 24 hours: [ ] symptoms are improving overall AND [ ] no fever without fever-reducing medicine.

4. Sick-day log (bring it to your doctor)

Day / time	Temperature	Fluids (cups)	Main symptoms	Better or worse?

5. Before next season

[ ] Flu vaccine booked for everyone aged 6 months and older [ ] Doctor's phone number saved

No homeopathic product prevents flu or replaces antiviral treatment (Cochrane 2015; NCCIH). This checklist contains no remedies or doses.