

Sample Self-Triage Algorithm
For Persons With Influenza Symptoms

You may have influenza (flu).

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:

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)

CALL your health care provider

GO RIGHT AWAY for health care