

# H1N1 Decision Chart

Protecting Yourself, Protecting Others



Saskatchewan  
Ministry of  
Health

## IF YOU HAVE FLU SYMPTOMS

Use the guidelines in this table to help make the best decision for you and your loved ones. Always use hygiene and prevention measures to avoid contamination:



Five Hills Health Region

- Wash your hands frequently.
- Cough or sneeze into the crook of your elbow rather than into your hands.
- Keep your surroundings clean.

### SITUATION FOR AN ADULT OR CHILD

The person does not have a fever (temperature less than 38°C or 100.4 F), but does have these symptoms:

- Sore throat
- Runny nose
- Stuffy nose
- Cough

### WHAT TO DO?

Probably a cold.  
Rest is indicated.

### SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- Cough
- Significant fatigue
- Headache
- Sore throat
- Muscle aches

### WHAT TO DO?

Probably the flu.  
Rest at home.

### SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, the elderly, pregnant women, and individuals with chronic diseases).

### SITUATION FOR AN ADULT OR CHILD

The person has a fever and one of these symptoms:

- Shortness of breath
- Difficulty breathing
- Painful breathing
- Vomiting for more than four hours
- Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated

### WHAT TO DO?

See a doctor today.

### SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F) and one of the following:

- Difficulty breathing that persists or worsens
- Blue lips
- Difficulty moving
- Convulsions
- No urination for 12 hours
- Severe neck stiffness
- Drowsiness, confusion, disorientation, or difficulty being roused
- Fever in an infant under 3 months old

### WHAT TO DO?

Go to the hospital emergency department immediately.  
Call 911, if necessary.

## General Information

HealthLine 1-877-800-0002  
[www.healthlineonline.ca](http://www.healthlineonline.ca)  
[www.health.gov.sk.ca](http://www.health.gov.sk.ca)  
[www.fightflu.ca](http://www.fightflu.ca)

## Important phone numbers:

Your pharmacist:

Your doctor:

October 28, 2009