

Symptoms of Flu & When to Seek Medical Care

This information is provided by the U.S. Department of Veterans Affairs (VA) for veterans, their families, friends, volunteers, and employees. It describes common symptoms of influenza (flu) and how to decide when to stay at home or when to seek medical care.

Symptoms of Flu

Fever (usually high)	Sore throat
Headache	Runny or stuffy nose
Tiredness (can be extreme)	Body aches
Cough	Nausea, vomiting, and diarrhea (more in children than adults)

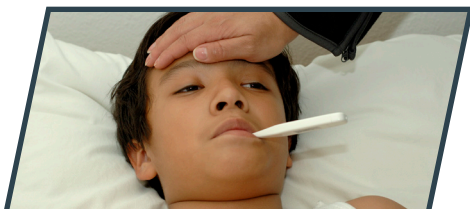
If the person has flu symptoms they should:

Rest	Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
Drink fluids	
Stay home	

But IF the person:

Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
Has the fever for more than 3 to 5 days
Feels better, then gets a fever again

CALL a healthcare provider



Or IF the person:

Is short of breath or is wheezing
Coughs up blood
Has pain in the chest when breathing
Has heart disease (like angina or congestive heart failure) and has chest pain
Is unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)

GO RIGHT AWAY for medical care



Where Can I Learn More?

Your healthcare provider
Your local VA
Local and national news

On these Web Sites
www.publichealth.va.gov/Flu/pandemicflu.htm
vaww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm (VA staff only)
www.pandemicflu.gov



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Infection: Don't Pass It On Team

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