

Know what to do about the flu!

Worried About Seasonal and H1N1 Flu?

If you are...	And you have...	You should...
* Not at High Risk	→ Fever greater than 100° plus cough, sore throat, headache, chills, body aches and fatigue	→ Stay home until you are fever-free and have felt completely well for a day.
* High Risk	→ Fever greater than 100° plus cough, sore throat, headache, chills, body aches and fatigue	→ Call your doctor or visit a walk-in clinic to determine if you need additional treatment.
* Anybody with severe illness like difficulty breathing	→ Fever greater than 100° plus cough or sore throat	→ Visit a walk-in clinic or emergency department right away.

- * **People at higher risk of flu complications include:**
- Children under 5
 - Pregnant women
 - People with underlying health conditions such as diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys
 - People with weakened immune systems

Do you have a fever? A reading of 100 or higher is a fever.

For more information, go to wchd.org

- Winnebago County Health Department
- OSF Saint Anthony Medical Center
- SwedishAmerican Health System
- Rockford Health System
- Van Matre Healthsouth Rehabilitation Hospital