

# HEALTH ALERT

## FLU

### WHEN TO CALL YOUR DOCTOR

If you are experiencing flu-like symptoms, you should call your doctor:

- If a child under 3 months of age has a fever of 110.4° F or higher
- If a child 3 months to 5 years of age has a fever of 102°F or higher
- If anyone over the age of 5 years has a fever of 104°F or higher
- If a fever lasts longer than three days
- If you have a fever with a severe headache, severe sore throat, stiff neck or a rash
- If you have been experiencing severe vomiting

### WHEN TO CALL 911

You should call 911 immediately if someone has any of the following symptoms:

- Has trouble breathing, or their breathing is labored, fast or painful
- Has chest pains
- Has changes in their skin color, such as skin that is bluish or gray
- Is unable to wake up or has changes in their speech
- Can't walk, support themselves or sit upright
- Has a seizure