Self-Triage for Person with Influenza like Symptoms

Typical flu symptoms include:
- A fever that ranges from 99° to 104°
- Muscle aches
- Cough
- Headache
- Eye pain
- Feeling very cold or having chills
- Feeling very tired
- Sore throat
- Runny or stuffy nose

You may also have vomiting and diarrhea

If you have some of these symptoms:

Stay home
- Rest
- Drink fluids
- Take fever reducers, such as acetaminophen or ibuprofen

BUT, if you...
- Are unable to drink enough fluids (urine becomes dark: you may feel dizzy when standing)
- Have fever for more than 3-5 days
- Feel better, then develop a fever again
- Develop a productive cough with green or yellow mucus

Call your healthcare provider or the Barry Student Health Center at 305-899-3750

OR, if you...
- Become short of breath of you develop wheezing
- Cough up blood
- Have chest pain when breathing
- Have heart disease (such as angina or congestive heart failure) and you develop chest pain
- Can’t walk, sit up or function normally.

Call 911 or go to the nearest emergency room