IT’S FLU SEASON

For many suffering from the flu, staying at home, drinking fluids, and taking acetaminophen is all that they need. When conditions become more severe, you may need additional help. The chart below provides a guide of when additional treatment may be necessary.

### What puts me or my child at high risk?
- I didn’t get a flu shot.
- I’m 65 or older.
- I’m younger than 5.
- I have asthma.
- I have COPD.
- I have diabetes.
- I’m pregnant.
- I smoke.
- I have heart disease.
- I have kidney problems.
- I have liver problems.
- I have trouble fighting infections.
- I have cancer.

### Do I have the flu?
- **I feel great!**
- Runny or stuffy nose
- Sore throat
- Chills
- Mild body aches
- Cough
- Fever less than 102
- Diarrhea/vomiting
- Difficulty breathing
- Fever more than 102
- Dizziness/confusion
- Severe body aches
- Severe headache
- Symptoms improve, but return & worsen.

### Does my CHILD have the flu?
- **My child feels great!**
- Runny or stuffy nose
- Sore throat
- Chills
- Mild body aches
- Cough
- Fever less than 102
- Diarrhea/vomiting
- Fast/difficulty breathing
- Fever with rash
- Unable to eat
- No tears when crying
- Not drinking enough fluids
- Not waking up or not interacting
- Excessively irritable, doesn’t want to be held
- Bluish skin color
- Significantly fewer wet diapers than normal
- Symptoms improve, but return & worsen.

### What should I do?
- **Get a flu shot.**
  - Many of our doctors offer online scheduling. Visit MyMidwestPhysician.com to book an appointment today.

- **Check in with your doctor.**
  - Don’t have one? Visit MyMidwestPhysician.com to find one near you and make an appointment online!
  - For after-hours care, visit an urgent care center. We have 11 conveniently located throughout the KC metro area. Learn more at hcmidwest.com/urgentcare.

- **Go to the emergency room.**
  - If you are experiencing severe flu symptoms, it’s important to be seen at an ER right away. Visit KCfastER.com to view average ER wait times.
  - In the event of an emergency, call 911.

This guide does not replace the advice of your physician.