Do I have the flu?
What care should I get?

A self-assessment flowchart

This self-assessment flowchart gives influenza (flu) symptoms. It may help you decide to stay home if you have some of these symptoms. It also lists when to get care right away and when to call your health care provider. Your local health department may have additional advice on what to do if you have flu symptoms. This chart is not a substitute for medical care.

Do I have any of these?
- Age 18 and under on chronic aspirin treatment
- Age 65 and older
- Lung disease (like asthma)
- Heart disease
- Diabetes
- Severe obesity
- A transplanted organ
- HIV/AIDS
- Kidney failure (dialysis)
- Liver disease
- Sickle cell disease
- Brain illness (such as traumatic brain injury or TBI)
- Spinal cord injury
- Nerve and muscle disease (such as multiple sclerosis)
- Treatment with 20 mg or more prednisone per day

Are you pregnant?

If you took your temperature, write it down: ............... degrees F
Date: .................... Time: .................... am / pm
Phone number of nurse advice line or health provider

Get care right away
Call your health care provider or, if it seems like an emergency, call 911 or go to an emergency room.

Stay home
- Rest
- Drink fluids
- Take fever-reducing drugs, such as acetaminophen (Tylenol) or ibuprofen (Advil or Motrin)
- Take other medicines as prescribed by your health care provider

NOTE: Stay home for several days until you feel better and have been without a fever for at least 24 hours without taking fever-reducing drugs. (Brand names included in this information are provided as examples only.)

For information on flu, including home care, visit www.publichealth.va.gov and www.flu.gov.