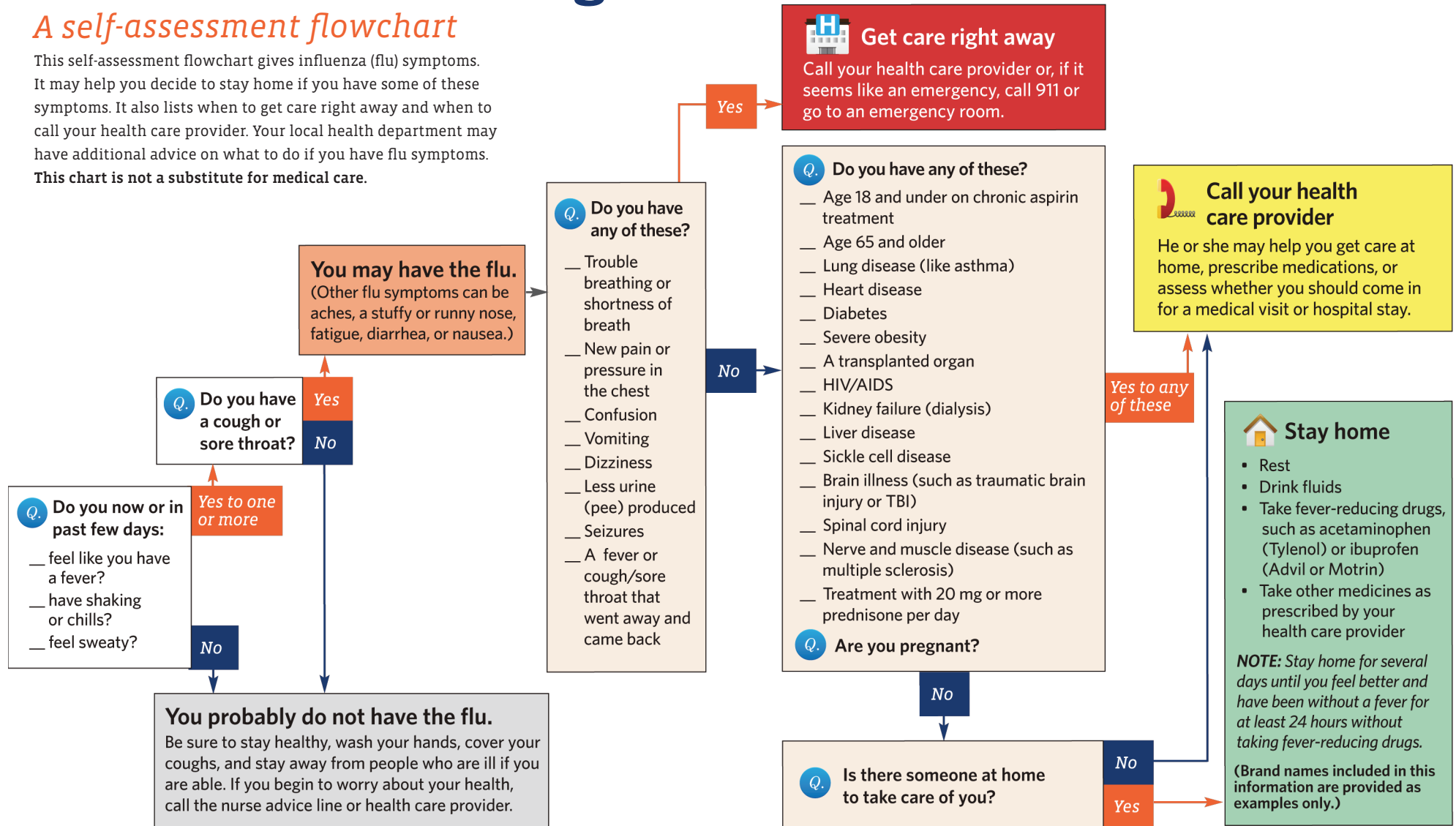


# Do I have the flu? What care should I get?

## 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.**



Name .....

If you took your temperature, write it down: ..... degrees F

Date: ..... Time: ..... am / pm

Phone number of nurse advice line or health provider  
 .....