

When should I call my doctor?

It is important to treat yourself and your family at home as much as possible.

Call your doctor if any of the following symptoms develop:

- > shortness of breath while resting.
- > difficult or painful breathing.
- > coughing up bloody sputum.
- > wheezing.
- > a fever greater than 39°C that lasts more than two to three days or if it is getting worse.
- > you start to feel better and suddenly get a fever over 39°C and start to feel sick again.
- > drowsiness, disorientation or confusion.
- > extreme pain in your ear.

For children, call the doctor if the child:

- > has a heart or lung disease or any chronic illness which requires regular medical care.
- > has a disease or is taking drugs or treatments that affect the immune system.
- > has trouble breathing.
- > is less than six months old and has a temperature greater than 38.5°C.
- > is irritable and cannot be calmed down.
- > is listless and doesn't play with toys.
- > drinks little fluid and does not urinate at least every six hours when awake.
- > has severe vomiting or diarrhea.

For children, call 911 if the child:

- > has severe trouble breathing.
- > has blue lips.
- > is limp or unable to move.
- > has a stiff neck.
- > seems confused.
- > has a seizure.

*Where can I
get more information?*

655-4*flu* (655-4358)

Healthline: 1-877-800-0002

or visit:

www.saskatoonhealthregion.ca



Our Vision

Healthiest people

Healthiest communities

Exceptional service

Influenza

Stop the Spread!



Information for
You and Your Family



Understanding Influenza

Influenza can be spread when an infected person coughs or sneezes. It is also possible to become infected by touching surfaces contaminated with the virus, and then touching your own nose or mouth.

Coughing Etiquette



Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



What can I do to care for myself and others?

- > Rest in a separate room that is away from others if possible.
- > Don't share anything that may spread the influenza virus (e.g. towels, utensils).
- > Drink lots of fluid.
- > Take medications that relieve pain and fever (acetaminophen or ibuprofen).
- > Gargle with a glass of warm water and/or suck on candies or lozenges for sore throats.
- > Use saline drops or decongestants for clearing the nose.
- > Shower or bath if you feel up to it.
- > Wash hands regularly for at least 20 seconds.
- > Use an alcohol based hand sanitizer with at least 60% alcohol.
- > If you don't feel like eating too much, eat soft foods like soup or yogurt.

When can I return to normal activities?

- > As is necessary with any respiratory illness, you are requested to stay home until 24 hours after a fever has resolved without the use of fever medication.

Handwashing Steps

1 Wet hands



2 Soap (15-20 seconds)



3 Rinse



4 Turn off tap with towel



Five simple ways to help reduce the spread of influenza:



Wash your hands often. Use warm water and soap, lather for 20 seconds and rinse. Use your own towel.



Cough and sneeze into your sleeve or shoulder or use a tissue once and throw it in the garbage.



Stay at home or indoors if you are sick. Drink plenty of fluids and rest.



Clean surfaces often. Avoid commonly touched surfaces such as doorknobs, railings and telephones.



Get immunized. It's free for everyone.