

# When to Consult Your Physician for Influenza-like Illness (ILI)



**Public Health**  
Prevent. Promote. Protect.

HUNTERDON COUNTY DEPARTMENT OF HEALTH

**Do you suspect an influenza infection?**  
Influenza-Like Illness (ILI Case Definition):  
Fever >37.8°C (100°F) **AND** cough **AND/OR** sore throat (in the absence of another known cause)

Yes

**Is the person less than 2 years of age?**

Yes

Consult your physician

No

**Does the person have any chronic medical conditions?**  
-Lung Disease including Asthma  
-Kidney, Liver, Blood Diseases  
-Diabetes or Immune Suppression  
-Neurologic Disorders  
-Chronic Aspirin Treatment

Yes

Consult your physician

No

**Does the person have signs of severe illness?**  
-Fever >105°F or return of fever after 24 hours without fever  
-Trouble Breathing:  
    -Rapid/panting breath in spite of controlled fever  
    -Tugging muscles between/below the ribs  
    -Trouble speaking  
    -Blue or purple discoloration to lips or nailbeds  
-Confused or disoriented in spite of controlled fever  
-Repeated vomiting or insufficient fluids intake with less than 3 urinations per 24 hours  
-Rash, especially bruises or broken blood vessels

Yes

Consult your physician. Go directly to emergency department **ONLY** if your physician is unavailable.

**Home Care Instructions:**  
-Drink fluids  
-Get plenty of rest  
-Take acetaminophen or ibuprofen for fever (**NO Aspirin**)  
-Do not use cough/cold medicines especially persons younger than 5 years of age  
-Use nasal saline  
  
- Stay home until at least 24 hours after fever is gone, without using fever-reducing medicines  
- Wash hands frequently  
- Cough or sneeze into your sleeve or a tissue  
- Dispose of tissues in trash

No