



Public Health
Prevent. Promote. Protect.

HUNTERDON COUNTY DEPARTMENT OF HEALTH

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

Do you suspect an influenza infection?

Influenza-Like Illness (ILI Case Definition):

Fever $>37.8^{\circ}\text{C}$ (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 $>105^{\circ}\text{F}$ 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.

No

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