How do I know when it’s time to stay home?

For more information about how to prepare for flu season, visit www.albany.edu/h1n1

Measured temperature 100.0 or higher in the past 12 hours.

Age > 50

Yes → Consider seeking Medical Care.

No

Fever > 3 days?

Yes → Seek Medical Care.

No

Do you have: Abrupt onset of: cough, achy muscles, headache, sore throat, nasal congestion (runny/stuffy nose)?

No → Unlikely to be flu (influenza). Seek Medical Care. Make HC aware if you have a fever and rash.

Yes

Likely flu (Influenza).

Do you have any of the following?: shortness of breath at rest or with light activity, difficulty breathing, wheezing, inability to tolerate fluids, confusion, chronic heart disease, chronic lung disease, moderate to severe asthma, HIV/AIDS, diabetes, history of cancer, long term aspirin therapy, pregnancy, other immunosuppressive disorder.

Yes → Seek Medical Care.

No

Most likely uncomplicated Mild Influenza (flu). No need for medical evaluation at this point. See flu care tips handout. Note: If severe sore throat, see strep handout and consider seeking care.

UAlbany Health Center Appointment number is 518-442-5229