



Collingwood General & Marine Hospital
459 Hume Street
Collingwood, ON L9Y 1W9
(705) 445-2550
www.cgmh.on.ca

When to seek health care support

When to seek medical care for adults with influenza symptoms

Seek medical care if you or people in your care that have influenza symptoms also:

- Have heart or lung disease;
Have any other chronic condition that requires regular medical attention;
Are frail;
- Have a chronic illness;
- Are on treatments that weaken the immune system
- Are pregnant.

Seek emergency medical care if you, or someone in your care, have any of the following symptoms:

- Shortness of breath while resting or doing very little;
- Difficult or painful breathing;
- Coughing up bloody sputum;
- Increased wheezing;
- Chest pain;
- Fever for three or four days without improvement;
- Feeling better then suddenly having a high fever or becoming ill again;
- Extreme drowsiness and difficulty awakening;
- Disorientation or confusion;
- Severe earache;
- Sudden inability to function in a normally independent, elderly person;
- Constant vomiting or diarrhea, especially in an elderly person or young child.





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When to seek medical care for a child

Almost all children with influenza have fever. So whether or not a child has a fever is **not** helpful as a sign of how severe their illness is.

- **Seek medical care** if a child is ill and has any of the following conditions when sick with influenza:
 - Is younger than six months old;
 - Has heart or lung disease or any chronic illness requiring regular medical care;
 - Has a disease or is receiving treatments that weaken the immune system;
 - Takes ASA regularly for a medical condition;
 - Has a change in breathing (such as breathing fast) or difficulty breathing;
 - Is very listless and loses interest in playing, watching TV, eating or drinking;
 - Is very irritable and cries a lot;
 - Urinates less than usual, for example:
 - Has a dry diaper for more than three hours if younger than six months of age;
 - Has a dry diaper for longer than six hours if 6–23 months of age;
 - Goes to the bathroom less often than every six hours while awake if two years of age or older;
 - Looks very ill and the care giver is worried.

When to take a child to the emergency room

Call 911 right away if the child:

- Has severe trouble breathing and it is not caused by a stuffy nose;
- Has blue lips or hands, suddenly becomes pale, or has cold legs up to their knees;
- Is very tired or unable to move;
- Is sleepy and doesn't respond when you try to get them up;
- Shows signs of pain, such as headache or stiff neck, especially if they also have fever, are listless and their eyes are sensitive to light;
- Seems confused;
- Has a seizure.