



While most individuals who contract the flu are able to recover safely without any medical intervention, it's essential to consult by phone with a health care provider in some situations.

Call the Health Center if

1. You have concerns about your illness or ability to care for yourself.
2. You have underlying health conditions that could put you at higher risk of complications from the flu. These include:
 - asthma
 - immune suppression
 - diabetes
 - disease of the heart, lung, or kidney
 - current pregnancy
 - being 65 or older
3. Your symptoms worsen or complications develop, including:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion or change in level of consciousness
 - Severe or persistent vomiting
 - Flu-like symptoms improve but then return with fever and worse cough



For more information about flu prevention, vaccination, and treatment, visit: www.flu.gov, nyhealth.gov or www.cdc.gov/h1n1flu

Adapted with permission from Cornell University's Gannett Health Services, 10/09

