



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°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