

# IT'S FLU SEASON

For many flu victims, staying at home, drinking fluids, and taking acetaminophen is all that they need, but some patients are at high-risk of serious flu-related complications.

## What puts me or my child at high risk?

I didn't get a flu shot.

I'm 65 or older.

I'm younger than 5.

I have asthma.

I have COPD.

I have diabetes.

I'm pregnant.

I smoke.

I have heart disease.

I have kidney problems.

I have liver problems.

I have trouble fighting infections.

I have cancer.

## Do I have the flu?

I feel great!

Runny or stuffy nose

Sore throat

Chills

Mild body aches

Cough

Fever less than 102

Diarrhea/vomiting

Difficulty breathing

Fever more than 102

Dizziness/confusion

Severe body aches

Severe headache

Symptoms improve, but return & worsen.

## Does my CHILD have the flu?

My child feels great!

Runny or stuffy nose

Sore throat

Chills

Mild body aches

Cough

Fever less than 102

Diarrhea/vomiting

Fast/difficulty breathing

Fever with rash

Unable to eat

No tears when crying

Not drinking enough fluids

Not waking up or not interacting

Excessively irritable, doesn't want to be held

Bluish skin color

Significantly fewer wet diapers than normal

Symptoms improve, but return & worsen.

## What should I do?

### Get a flu shot.

Many of our doctors offer online scheduling. Visit [MyMidwestPhysician.com](http://MyMidwestPhysician.com) to book an appointment today.

### Check in with your doctor.

Don't have one? Visit [MyMidwestPhysician.com](http://MyMidwestPhysician.com) to find one near you and make an appointment online!

For after-hours care, visit an urgent care center. We have 11 conveniently located throughout the KC metro area. Learn more at [hcamidwest.com/urgentcare](http://hcamidwest.com/urgentcare).

### Go to the emergency room.

If you are experiencing severe flu symptoms, it's important to be seen at an ER right away. Visit [KCfastER.com](http://KCfastER.com) to view average ER wait times.

In the event of an emergency, call 911.