

# Flu Zone Tool

## ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No coughing, wheezing/chest tightness or shortness of breath during the day or night
- No decrease in activity level and you can maintain a normal activity level

## WARNING ZONE

Call your doctor if you have:

- Fever or are feeling feverish or have chills
- Cough
- Sore throat
- Shortness of breath
- Fatigue (tiredness)
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting or diarrhea, though it is more common in children than adults.

## MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you:

- Have a very hard time breathing or gasping for breath
- Feel pain or pressure in your chest or abdomen that doesn't go away
- Feel constantly dizzy, confused or you are not able to stay awake
- Have seizures
- Are not urinating
- Have severe muscle pain
- Feel very weak or unsteady
- Have blue-to-gray colored lips, face or nails
- Have a fever or cough that improves and then returns or gets worse
- Experience worsening of chronic medical conditions

**Note:** This list does not list all possible symptoms.

Please call your doctor if you are concerned about any other symptoms you are experiencing.

# Flu Zone Tool

If you have the flu, remember to do the following:

**Follow instructions from your doctor.**

**Take medications as prescribed by your doctor.**

**Stay home. Your doctor will tell you how many days you need to stay home.**

**Rest, drink fluids and eat healthy foods.**

**Wash your hands frequently for at least 20 seconds with soap and water. Use hand sanitizer if you do not have soap and water.**

**Wear a mask.**

**Cover your sneeze or cough.**

**Clean home surfaces, including doorknobs, faucets and toilets.**

## **REMEMBER:**

- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.

"Symptoms of Coronavirus." The Centers for Disease Control and Prevention. 6, April, 2021.  
[www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)