

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.



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



Follow instructions from you 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.

View More Zone Tools

Visit the [Resource Library](#) on [TMFNetworks.org](https://www.tmfnetworks.org) and type “zone” in the Search field to see a list of other zone tools on different conditions and topics.

“Symptoms of Coronavirus.” The Centers for Disease Control and Prevention. 6, April, 2021.
www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html