

# When to Call the Doctor: The Flu

Flu can be a serious illness, especially if you are over 65, have a chronic condition like diabetes or asthma, or are pregnant.

Knowing the symptoms and getting quick treatment for the flu can help you recover faster and lower your risk for developing other health problems like pneumonia.

- 1 Call your doctor if you experience flu-like symptoms for more than 3 days. These include: fever, chills, headaches, body aches, runny nose, and sore throat.
- 2 Call your doctor if you have any questions about your treatment plan. The flu can be mild or severe. Many people are able to recover at home without complications but if you are in a high-risk group you may be prescribed an antiviral medication that you have questions about.
- 3 Call your doctor if you notice any signs that your infection might be getting worse such as ... fever over 102 F, trouble breathing, severe chills, or chest pains.

These could be signs of pneumonia or other complications from the flu.

But if you feel you are having a medical emergency or a serious complication, call 911 immediately.

Call the doctor: if you have symptoms of the flu, to ask questions about your treatment, if you notice signs that your infection might be getting worse.

And call 911 for a medical emergency or serious complication.