

Home vs. Hospital?



The increase in flu hospitalizations is impacting local hospital and EMS services in Snohomish County. However, those generally in good health will recover without needing a visit to a healthcare provider.

Things to remember if you or a loved one are sick:

- ◆ Please stay home
- ◆ If you leave the house wear a facemask
- ◆ Cover coughs and sneezes with a tissue or the sleeve of your elbow
- ◆ Drink plenty of fluids and rest
- ◆ Wash your hands frequently or use hand sanitizer
- ◆ Do not return to work or school until your fever is gone for at least 24 hours without the use of fever-reducing medicine like acetaminophen (Tylenol) or ibuprofen (Motrin)

When to call your health care provider:

- ◆ If you are pregnant
- ◆ If you have a medical condition (cancer, blood disorder or chronic illnesses)
- ◆ Flu-like symptoms improve but then return with fever and worse cough
- ◆ Severe or persistent vomiting

Warning signs that may need urgent medical attention include:

- ◆ Fast breathing or trouble breathing
- ◆ Bluish skin color or lips (call 911 immediately)
- ◆ Unable to drink or keep liquids down
- ◆ Confusion or can't wake up
- ◆ Being so irritable that the child does not want to be held
- ◆ Fever in an infant under 3 months old