

Flu-like symptoms?

Before you go, know where to go and when

Learn more about flu-like symptoms at www.cdc.gov/flu



Self Treat	Physician Office or Convenient Care	Emergency Room
<p>Flu symptoms can make you feel awful, but if you're otherwise healthy, are younger than age 65 and you're not pregnant, take care of yourself at home with these remedies:</p> <ul style="list-style-type: none"> • Take acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others) to reduce fever and muscle aches. Don't give products containing aspirin to children or young adults recovering from chickenpox or flu-like symptoms, as these drugs have been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children. • Drink clear fluids, such as water, broth or sports drinks. • Rest as long as you continue to feel tired, and sleep as much as you can. • Stay home from work, school and other public places for at least 24 hours after your fever is gone to avoid infecting other people. Most people feel better within a week of becoming infected with the flu virus, although coughing may last for another one or two weeks. 	<p>There are a few instances in which you should see your health care provider when you or your child has flu symptoms, but you don't necessarily need to go to the emergency room. These include:</p> <ul style="list-style-type: none"> • Flu symptoms that get better for a day or two then return with a fever and are worse than before • Flu symptoms and any chronic health condition that puts you in a High Risk Group • Child with Fever and a Rash <p>Tift Regional Health System Convenient Care Clinics <i>(Walk-ins accepted)</i></p> <p>Tifton Affinity ExpressCare 2225 Highway 41 North Tifton, Georgia 31794 Phone: (229) 391-4080</p> <p>Hours of Operation during flu season: Monday through Friday 7:30 a.m. to 10:00 p.m. Saturday and Sunday 8:00 am to 5:00 pm</p> <p>Adel Southwell Medical Adel Primary Care 172 MJ Taylor Road Adel, Georgia 31620 Phone: (229) 896-3424</p> <p>Hours of Operation: Monday through Friday 8:30 am - 10:00 pm Saturday and Sunday 10:00 am - 10:00 pm</p> <p>Community Clinic <i>(Walk-ins accepted)</i></p> <p>Tifton Tift Community Health Center 2735 South Central Avenue Tifton, Georgia 31794 Phone: (229) 388-5690</p> <p>Hours of Operation: Monday through Friday 8:00 am - 4:30 pm</p>	<p>Go the ER if a person with flu-like symptoms demonstrates these symptoms:</p> <ul style="list-style-type: none"> • Difficulty breathing • Shortness of breath • Chest pain or severe abdominal pain • Confusion • Sudden dizziness • Severe vomiting or vomiting that won't stop <p>If your child experiences any of the following symptoms when he or she has the flu, a visit to the emergency room is warranted:</p> <ul style="list-style-type: none"> • Rapid breathing or difficulty breathing • Bluish color to the skin, especially on the face or chest • Not drinking enough fluids, leading to dehydration • Difficult or unable to wake up or interact with others • Severe irritability • Stiff neck • A severe headache that doesn't improve after taking Tylenol (acetaminophen) or Motrin (ibuprofen) <p>In addition to the symptoms above, if you have an infant with the flu and he or she experiences any of the following symptoms, take him or her to the emergency room:</p> <ul style="list-style-type: none"> • Fever (over 100.3) and is under 3 months old • Unable to eat • No tears when crying • Significantly fewer wet diapers than normal