

CDC Says Take 3 Steps To Fight The Flu.

- 1 Take time to get a flu vaccine.
- 2 Take everyday preventive actions.
- 3 Take flu antiviral drugs if your doctor recommends them.

How To Know When To Go...

Seek emergency medical care if you experience any of the following:

For Children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe vomiting
- Not waking up or not interacting
- Too irritable to even be held
- Flu-like symptoms improve but then return with fever and worse cough

For Adults

- Trouble breathing or shortness of breath
- Severe pain or pressure in chest or tummy
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

If you have flu-like symptoms and are in a high-risk group (pregnant, less than 5 years old or have a chronic disease), contact your physician.

For more information, contact:

Rosanna Pritting, RN
Director, Outpatient Centers
Phone: (760) 482-9366

Outpatient Centers
El Centro: (760) 482-9100
Calexico: (760) 357-0508

