

# FLU

## Decision assistant

### Protecting the health of you and your family

The flu is a respiratory infection that is spread easily. It is caused by the influenza virus.

In Québec, it especially spreads during the end of the fall to the beginning of the spring. Flu symptoms and their severity can vary depending on age and health condition.

The main symptoms are the following:

- Sudden fever between 38 °C and 40 °C (100,4 °F and 104 °F)
- Cough
- Fatigue
- Headache
- Muscular pain
- Acute general discomfort lasting several days

Children can also experience nausea, vomiting, diarrhea and abdominal pains.

Flu is often confused with other respiratory infections such as the cold.

Certain protection and cleanliness measures can also help prevent transmission of the flu:

- Wash your hands frequently with soap and water
- Cough or sneeze into the crook of your elbow or against your upper arm rather than into your hands
- Keep your immediate environment clean

[www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca)

**IF YOU HAVE FLU SYMPTOMS,**  
the following table will help you decide what is best for you and your family.

#### ADULTS OR CHILDREN

I don't have a fever (less than 38°C or 100.4°F), but I do have the following symptoms:

- Blocked nose
- Runny nose
- Cough

#### DECISION

I probably have a cold and need to rest.

#### ADULTS OR CHILDREN

I have a sudden fever (higher than 38° C or 100.4° F) as well as the following symptoms:

- Cough
- Fatigue
- Headache
- Muscular pain

#### DECISION

I probably have the flu. I can treat myself at home. I can get information at [www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca). If need be, I can call **info-Santé 8-1-1**.

#### ADULTS OR CHILDREN AT RISK FOR COMPLICATIONS

I have flu symptoms and belong to the category of individuals at risk for complications (children less than 2 years of age, adults 65 and over, pregnant women, persons suffering from a chronic disease).

#### DECISION

I need to call **info-Santé 8-1-1**. A nurse will assess my condition and recommend steps to be taken, depending on my condition.

#### ADULTS OR CHILDREN

I have flu symptoms and one of the following applies to me:

- Shortness of breath
- Difficulty breathing
- Pain when breathing

#### DECISION

I must see a doctor today.

#### ADULTS OR CHILDREN

I have flu symptoms and one or more of the following apply to me:

- Difficulty breathing that persists or increases suddenly
- Blue lips
- Difficulty moving
- Significant neck stiffness
- Drowsiness, difficulty staying awake
- Confusion, disorientation
- Seizures (body stiffens and muscles contract in a jerky and involuntary manner)
- No urine output for 12 hours
- Fever in a baby less than 3 months old
- Fever in a child who seems too calm and less energetic than usual or who refuses to play or is agitated

#### DECISION

I must go to the emergency department of a hospital immediately. If I require assistance, call **9-1-1**.

The information in this publication is not meant to replace the advice of a health professional. If you have questions about your state of health, call **info-Santé 8-1-1** or contact a health professional.

# GASTROENTERITIS

## Decision assistant

### Protecting the health of you and your family

Gastroenteritis can be caused by viruses, bacteria or parasites.

The main symptoms of gastroenteritis are:

- Diarrhea
- Abdominal cramps
- Nausea
- Vomiting
- Fever (in some cases)

Norovirus, the most frequent cause of gastroenteritis, is especially prevalent in autumn and winter. Viral gastroenteritis is usually not serious and its symptoms will normally disappear within 24 to 72 hours.

People who get gastroenteritis are contagious from the onset of their symptoms and remain so for up to two weeks after symptoms subside.

The following hygienic and preventive measures can help ensure that others are not infected by your gastroenteritis:

- Wash your hands often with soap and water
- Use an antiseptic hand cleaner if you do not have soap and water at hand
- Regularly disinfect the toilet bowl and any surfaces or objects that may be contaminated by stool or vomit
- Avoid preparing meals for others
- Remain at home

[www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca)

IF YOU HAVE SYMPTOMS OF GASTROENTERITIS,  
the following table will help you decide what is best for you and your family.

#### ADULTS OR CHILDREN

I have diarrhea but no other symptoms associated with gastroenteritis, and my general state of health is good.

#### DECISION

I probably have a temporary intestinal disorder.

**A balanced diet should get rid of the symptoms.**

If need be, I can call **info-Santé 8-1-1**.

#### ADULTS OR CHILDREN

I have had diarrhea and at least one of the following symptoms for less than 72 hours:

- Nausea or vomiting
- Abdominal pain or cramps
- Headache
- Loss of appetite

#### DECISION

I probably have viral gastroenteritis that will last between 24 and 72 hours.

**I can treat myself at home.**

I can get information at **www.sante.gouv.qc.ca**.

If need be, I can call **info-Santé 8-1-1**.

#### ADULTS OR CHILDREN AT RISK FOR COMPLICATIONS

I have symptoms of gastroenteritis and belong to a category of people at risk for complications (children less than 2 years of age, adults 65 and over, pregnant women, persons suffering from a chronic disease).

#### DECISION

**I need to call info-Santé 8-1-1.**

A nurse will assess my condition and recommend steps to be taken, depending on my condition.

#### ADULTS OR CHILDREN

- I have had diarrhea for more than 72 hours after returning home from a trip to another country
- I have had diarrhea for more than 5 days, with no improvement
- I have diarrhea and fever (higher than 38° C or 100.4° F).
- I have been vomiting for more than 24 hours, with no improvement

#### DECISION

**I must see a doctor today.**

#### ADULTS OR CHILDREN

- I have bloody or black stool
- I have diarrhea along with intense stomach pain
- I have persistent diarrhea accompanied by intense thirst, have not urinated for more than 12 hours and am unable to drink or retain liquids
- My vomit contains blood or stool (reddish or with the appearance of ground coffee)
- My general state of health is getting worse (sleepiness, irritability, confusion)

#### DECISION

**I must go to the emergency department of a hospital immediately.**

If I require assistance, call **9-1-1**.

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