

Calling for Medical Advice

Contact your primary care physician for medical advice if you or a loved one is experiencing any of the following symptoms during a pandemic:

- Infants under three months with a rectal temperature of 100.4° F (38° C) or higher.
- Fever in persons not responding to fever medicines within six hours.
- Fever lasts more than five days.
- Fever that went away for one to two days, then comes back.
- Chronic disease patients (heart or lung disease, HIV/AIDS, cancer patients, etc) with complications
- Signs of severe dehydration (no urine in 12 hours, dry mouth, no tears) and the sick person has stopped taking liquids.
- Signs of respiratory problems such as chest pain, difficulty breathing or wheezing, grunting, nasal flaring, and chest wall retractions.
- Cough that produces blood
- Seizures.
- Severe ear pain or severe muscle pain.
- Change in mental status.
- Vomiting for more than an hour.
- Psychological emergencies – person is potentially harmful to self or others

Note: Individuals with a chronic disease or condition, and women who are pregnant, should be in contact with their medical provider during a pandemic.

When to Call 911

Call 911 if you cannot reach your medical provider and the sick adult or child has a problem listed above, or if the sick adult or child has any of the following symptoms:

- Severe respiratory distress (struggling for each breath, unable to speak or cry, severe retractions, cyanosis)
- Slow shallow, weak breathing (respiratory depression)
- Stopped breathing (apneic episode)
- Bluish lips, tongue or face now (cyanosis)
- Shock suspected (very weak, limp, not moving, too weak to stand, pale cool skin)
- Other life-threatening emergency such as first-time seizure