

# Seek emergency medical care if you or a family member shows the signs below – a life could be at risk!



It's a fact – every year, people of all ages in the U.S. die from influenza and its complications.

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## Emergency warning signs for children or teens with influenza

**Any child or teen who shows the following emergency warning signs needs urgent medical attention – take them to an emergency room or call 9-1-1.**

- Fast breathing or trouble breathing
- Bluish skin color
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Influenza-like symptoms improve but then return with fever and worse cough

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## Emergency warning signs for adults with influenza

**Any adult who shows the following emergency warning signs needs urgent medical attention – take them to an emergency room or call 9-1-1.**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Confusion
- Severe or persistent vomiting
- Sudden dizziness
- Influenza-like symptoms improve but then return with fever and worse cough

**Keep this handy! Post it on your refrigerator or another place where it will be easy to find!**