

Appendix A: Self Assessment Tools

Chart A
Influenza Self-Assessment Chart CHILDREN UNDER 5 YEARS OF AGE

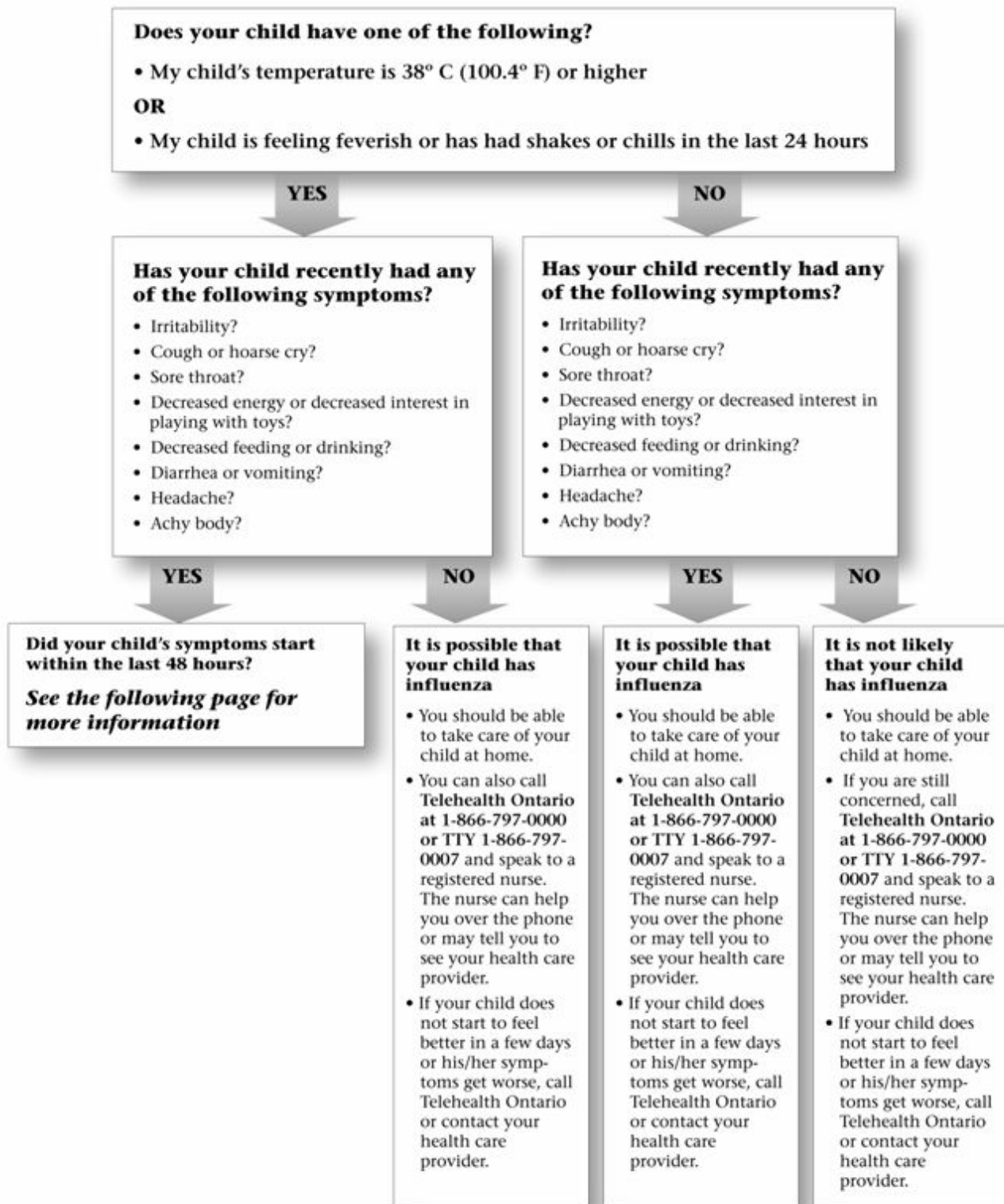
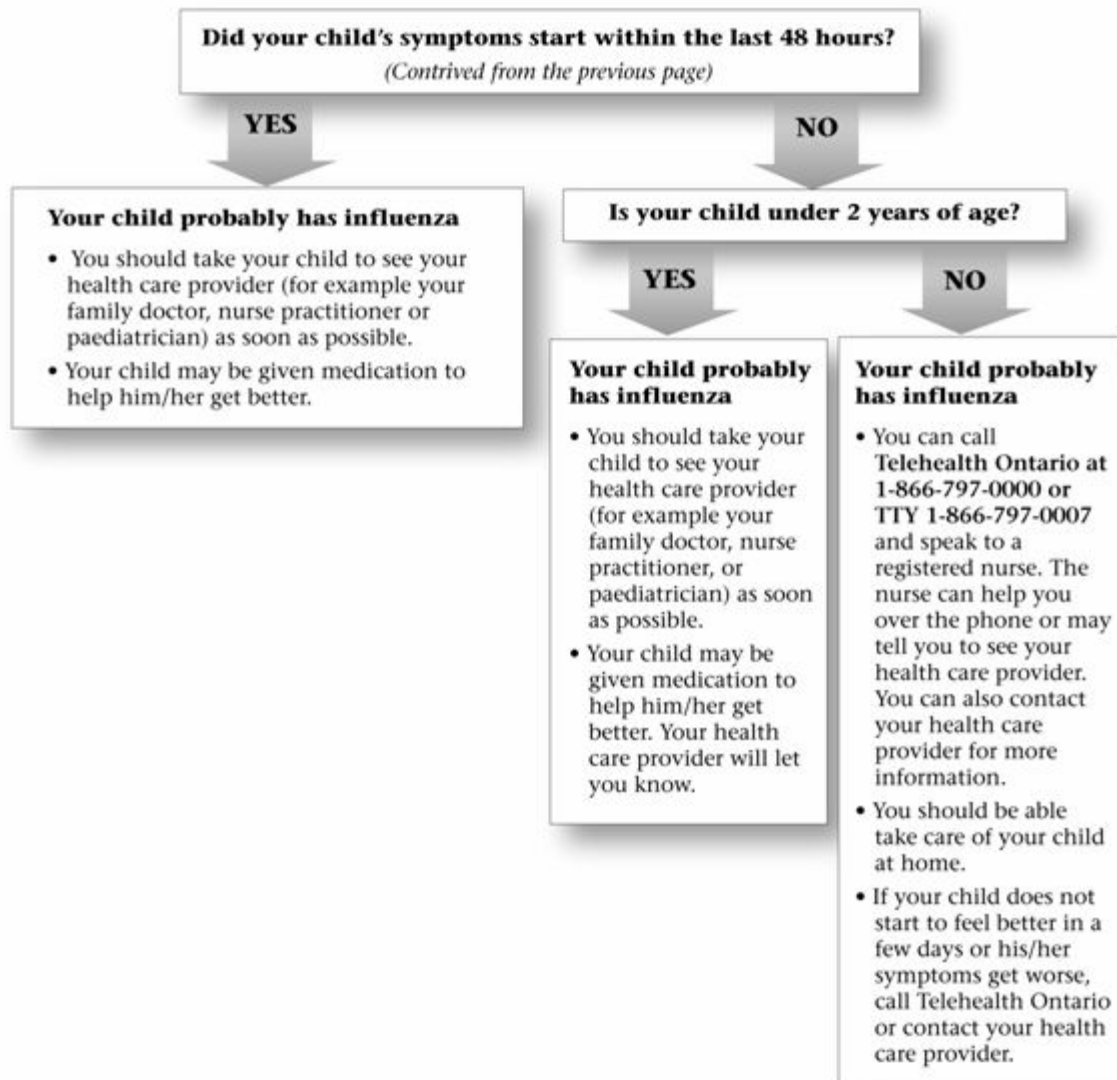


Chart A
Influenza Self-Assessment Chart CHILDREN UNDER 5 YEARS OF AGE

(Continued)



Call 911 right away or take your child to the nearest hospital emergency department if your child has new onset or worsening of the following symptoms:

- Difficulty breathing / shortness of breath when doing very little or resting
- Blue lips, cold feet, hands and/or toes; sudden paleness
- Extreme lack of energy; limp or unconscious
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures or convulsions
- Confusion or disorientation

Chart B
Influenza Self-Assessment Chart for Individuals 5 Years of Age and Older who ARE at High Risk for Complications from Influenza

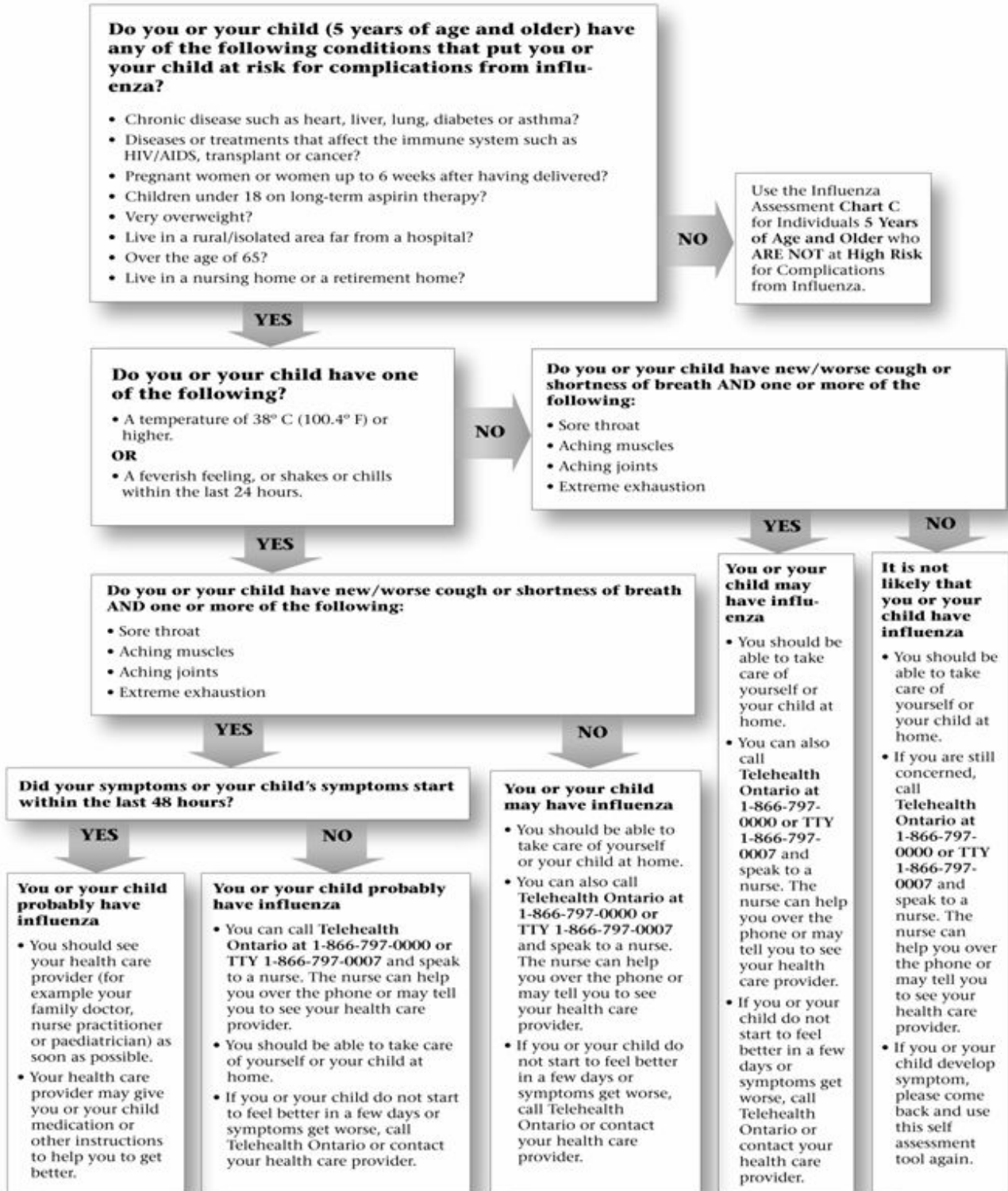


Chart B

Influenza Self-Assessment Chart for Individuals **5 Years of Age and Older** who **ARE** at **High Risk** for Complications from Influenza

(Continued)

Go to the nearest hospital emergency department or call 911 right away if you or your child has any of the following symptoms:

- Difficulty breathing / shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures or convulsions
- Confusion or disorientation

Chart C

Influenza Self-Assessment Chart for Individuals **5 Years of Age and Older** who **ARE NOT** at **High Risk** for Complications from Influenza

Do you or your child (5 years of age and older) have any of the following health conditions? These conditions could put either of you at risk for problems if you got the flu.

- Chronic disease such as heart, liver, lung, diabetes or asthma?
- Diseases or treatments that affect the immune system such as HIV/AIDS, transplant or cancer?
- Pregnant women or women up to 6 weeks after having delivered?
- Children under 18 on long-term aspirin therapy?
- Very overweight?
- Live in a rural/ isolated area far from a hospital?
- Over the age of 65?
- Live in a nursing home or a retirement home?

YES

Use the Influenza Assessment Chart B for Individuals 5 Years of Age and Older who ARE at High Risk for Complications from Influenza.

NO

Do you or your child have one of the following symptoms?

- Temperature of 38° C (100.4° F) or higher?
- OR**
- Feeling feverish or have you or your child had shakes or chills in the last 24 hours?

NO

Do you or your child have new/worse cough or shortness of breath AND one or more of the following:

- Sore throat
- Aching muscles
- Aching joints
- Extreme exhaustion

YES

Do you or your child have new/worse cough or shortness of breath AND one or more of the following:

- Sore throat
- Aching muscles
- Aching joints
- Extreme exhaustion

YES

You or your child may have influenza

- You should be able to take care of yourself or your child at home.
- You can also call **Telehealth Ontario** at 1-866-797-0000 or TTY 1-866-797-0007 and speak to a nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If you or your child do not start to feel better in a few days or symptoms get worse, call Telehealth Ontario or contact your health care provider.

NO

It is not likely that you or your child have influenza

- You should be able to take care of yourself or your child at home.
- If you are still concerned, call **Telehealth Ontario** at 1-8797-0000 or TTY 1-866-797-0007 and speak to a nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If you or your child develop symptoms, come back and use this self assessment tool again.

YES

You or your child probably have influenza

- You should be able to take care of yourself or your child at home.
- You can also call **Telehealth Ontario** at 1-866-797-0000 or TTY 1-866-797-0007 and speak to a nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If you or your child do not start to feel better in a few days or symptoms get worse, call Telehealth Ontario or contact your health care provider.

NO

You or your child may have influenza

- You should be able to take care of yourself or your child at home.
- You can also call **Telehealth Ontario** at 1-866-797-0000 or TTY 1-866-797-0007 and speak to a nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If you or your child do not start to feel better in a few days or symptoms get worse, call Telehealth Ontario or contact your health care provider.

Chart C

Influenza Self-Assessment Chart for Individuals **5 Years of Age and Older** who **ARE NOT** at **High Risk** for Complications from Influenza

(Continued)

Go to the nearest hospital emergency department or call 911 right away if you or your child has any of the following symptoms:

- Difficulty breathing / shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures or convulsions
- Confusion or disorientation