## Appendix A: Self Assessment Tools

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

## Does your child have one of the following?

 $\bullet$  My child's temperature is 38° C (100.4° F) or higher

## OR

· My child is feeling feverish or has had shakes or chills in the last 24 hours

YES

# Has your child recently had any of the following symptoms?

- Irritability?
- · Cough or hoarse cry?
- · Sore throat?
- Decreased energy or decreased interest in playing with toys?
- · Decreased feeding or drinking?
- · Diarrhea or vomiting?
- · Headache?
- · Achy body?

# Has your child recently had any of the following symptoms?

NO

- · Irritability?
- · Cough or hoarse cry?
- · Sore throat?
- Decreased energy or decreased interest in playing with toys?
- · Decreased feeding or drinking?
- · Diarrhea or vomiting?
- · Headache?
- · Achy body?

YES NO YES NO

Did your child's symptoms start within the last 48 hours?

See the following page for more information

## It is possible that your child has influenza

- You should be able to take care of 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 registered nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If your child does not start to feel better in a few days or his/her symptoms get worse, call Telehealth Ontario or contact your health care provider.

## It is possible that your child has influenza

- You should be able to take care of 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 registered nurse. The nurse can help you over the phone or may tell you to see your health care provider.
- If your child does not start to feel better in a few days or his/her symptoms get worse, call Telehealth Ontario or contact your health care provider.

## It is not likely that your child has influenza

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

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

(Continued)

# Did your child's symptoms start within the last 48 hours? (Contrived from the previous page) YES NO

## Your child probably has influenza

- You should take your child to see your health care provider (for example your family doctor, nurse practitioner or paediatrician) as soon as possible.
- Your child may be given medication to help him/her get better.

## Is your child under 2 years of age?

YES NO

## Your child probably has influenza

- You should take your child to see your health care provider (for example your family doctor, nurse practitioner, or paediatrician) as soon as possible.
- Your child may be given medication to help him/her get better. Your health care provider will let you know.

## Your child probably has influenza

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

# 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

## Do you or your child (5 years of age and older) have any of the following conditions that put you or your child at risk for complications from influenza?

- · 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?

NO

Use the Influenza Assessment Chart C for Individuals 5 Years of Age and Older who ARE NOT at High Risk for Complications from Influenza.

#### YES

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

 A temperature of 38° C (100.4° F) or higher.

#### or

 A feverish feeling, or shakes or chills within the last 24 hours.

YES

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

## 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 or yo

#### 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.

#### It is not likely that you or your child have influenza

NO

- You should be able to take care of yourself or your child at home.
- · If you are still concerned, 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 develop symptom, please come back and use this self assessment tool again.

# Did your symptoms or your child's symptoms start within the last 48 hours?

YES

## YES

## NO

## You or your child probably have influenza

- You should see your health care provider (for example your family doctor, nurse practitioner or paediatrician) as soon as possible.
- Your health care provider may give you or your child medication or other instructions to help you to get better.

## You or your child probably have influenza

- You can 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.
- You should be able to take care of yourself or your child at home.
- 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.

## You or your child may have influenza

NO

- 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 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

YES

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.

## 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.

## You or your child probably have influence

- 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.

## You or your child may have influenza

NO

- 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