



Recognize the Emergency Warning Signs of Respiratory Illness

CALL 911 NOW WHEN:

- Severe trouble breathing (struggling for each breath, can barely speak or cry)
- Passed out or stopped breathing
- Lips or face are bluish when not coughing
- There may be a life-threatening emergency

GET MEDICAL HELP RIGHT AWAY FOR INFANTS WHEN:

- Fever over 100.4F for infants younger than 3 months, or fever for more than 24 hours if older than 3 months
- Fast or labored breathing
- Looks very ill or is unusually drowsy or difficult to console
- Significantly fewer wet diapers than normal

CHILDREN SHOULD GO TO THE ER WITH ANY OF THESE:

- Fast or labored breathing
- Not able to drink enough fluids
- Very decreased alertness and activity
- Fever for more than 72 hours, or repeated rising above 104F

ADULTS SHOULD GO TO THE ER WITH ANY OF THESE:

- Difficulty breathing or shortness of breath
- Chest pain
- Confusion
- Worsening fever and cough, especially with pink or bloody mucus

Get your flu vaccine & COVID-19 booster. Visit knockoutflu.org to learn more about preventing the spread of flu.