



**DEPARTMENT OF PUBLIC HEALTH &
ENVIRONMENT**

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Do you think you might have a cold or the flu?

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others. Most people will recover from a cold or the flu in a week on their own without going to the doctor. Get plenty of rest. Drink clear fluids to keep from getting dehydrated. Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub. Avoid close contact with others. Be watchful for emergency warning signs. Check with your doctor by phone about any special care measures if you are pregnant or have a health condition such as diabetes, asthma, emphysema or heart disease. For general information about the flu please call 877-462-2911.

If you become more severely ill and experience any of the following warning signs, contact your health care provider and seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Si está enfermo, se debe quedar en casa y evitar el contacto con otras personas tanto como sea posible para evitar propagar su enfermedad a otros.

Si se enferma y presenta alguno de los siguientes signos de advertencia, busque atención médica de inmediato.

En los niños, los principales signos de emergencia que requieren atención médica inmediata son:

- Respiración agitada o dificultad para respirar.
- Color azulado en la piel.
- Que el niño no esté tomando suficientes líquidos.
- El niño no quiere despertarse ni interactuar con los otros.
- Que el niño esté tan molesto que no quiera que lo carguen.
- Los síntomas similares a los de la influenza o gripe mejoran pero luego regresan con fiebre y una tos peor.
- Fiebre con sarpullido.

En los adultos, los principales signos de advertencia que requieren atención médica de emergencia son:

- Dificultad para respirar o se queda sin aliento.
- Dolor o presión en el pecho o el abdomen.
- Mareo repentino.
- Confusión.
- Vómitos fuertes o constantes.