

# FLU

## Decision assistant

### Protecting the health of you and your family

The flu is a respiratory infection that is spread easily. It is caused by the influenza virus.

In Québec, it especially spreads during the end of the fall to the beginning of the spring. Flu symptoms, which appear suddenly, and their severity can vary depending on age and health condition.

The main symptoms are the following:

- Sudden fever between 38 °C and 40 °C (100,4 °F and 104 °F)
- Sudden cough
- Sore throat
- Muscle or joint pain
- Extreme fatigue
- Headache

Symptoms such as nausea, vomiting, diarrhea and abdominal pain may also be experienced. These symptoms are most common in children.

Flu is often confused with other respiratory infections such as the cold.

Certain protection and cleanliness measures can also help prevent transmission of the flu:

- Wash your hands frequently with soap and water
- Cough or sneeze into the crook of your elbow or against your upper arm rather than into your hands
- Keep your immediate environment clean

sante.gouv.qc.ca

Québec 

IF YOU HAVE FLU SYMPTOMS,  
the following table will help you decide what is best for you and your family.

#### ADULTS OR CHILDREN

I don't have a fever (less than 38 °C or 100.4 °F), but I do have the following symptoms:

- Blocked nose
- Runny nose
- Cough

#### DECISION

I probably have a cold and need to rest.

#### ADULTS OR CHILDREN

I have a sudden fever (higher than 38 °C or 100.4 °F) as well as the following symptoms:

- Sudden cough
- Sore throat
- Muscle or joint pain
- Extreme fatigue
- Headache

#### DECISION

I probably have the flu.  
I can treat myself at home.  
I can get information at [www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca).  
If need be, I can call info-Santé 8-1-1.

#### ADULTS OR CHILDREN AT RISK FOR COMPLICATIONS

I have flu symptoms and belong to the category of individuals at risk for complications (children less than 5 years of age, adults 65 and over, pregnant women or women who gave birth in the last 4 weeks, persons suffering from a chronic disease).

#### DECISION

I need to call info-Santé 8-1-1.  
A nurse will assess my condition and recommend steps to be taken, depending on my condition.

#### ADULTS OR CHILDREN

I have flu symptoms and one of the following applies to me:

- Increasing or persistent pain when I breathe
- A rising fever or one that has lasted for more than 5 days
- Symptoms that deteriorate or do not improve after 7 days

#### DECISION

I must see a doctor today.

#### ADULTS OR CHILDREN

I have one or more of the following apply to me:

- Difficulty breathing that persists or increases suddenly
- Blue lips
- Intense headache that persists or gets worse
- Drowsiness, difficulty staying awake, weakness
- Confusion, disorientation
- Seizures (body stiffens and muscles contract in a jerky and involuntary manner)
- No urine output for 12 hours, excessive thirst
- Fever in a child who seems too calm and less energetic than usual or who refuses to play or is agitated
- Fever in a baby less than 3 months old

#### DECISION

I must go to the emergency department of a hospital immediately.  
If I require assistance, call 9-1-1.

The information in this publication is not meant to replace the advice of a health professional. If you have questions about your state of health, call info-Santé 8-1-1 or contact a health professional.

# GASTROENTERITIS

## Decision assistant

### Protecting the health of you and your family

Gastroenteritis can be caused by viruses, bacteria or parasites.

The main symptoms of gastroenteritis are:

- Diarrhea: at least 3 liquid or semi-liquid stools every 24 hours
- Abdominal cramps
- Nausea
- Vomiting
- Fever (in some cases)

Symptoms of gastroenteritis usually last 24 to 72 hours. Persons with gastroenteritis are usually contagious when showing symptoms, and most particularly so when symptoms are severe. They may be contagious even a few weeks after symptoms have subsided.

The following hygienic and preventive measures can help ensure that others are not infected by your gastroenteritis:

- Wash your hands often with soap and water
- Use an antiseptic hand cleaner if you do not have soap and water at hand
- Regularly disinfect the toilet bowl and any surfaces or objects that may be contaminated by stool or vomit
- Avoid preparing meals for others
- Remain at home

[sante.gouv.qc.ca](http://sante.gouv.qc.ca)

Québec 

IF YOU HAVE SYMPTOMS OF GASTROENTERITIS,  
the following table will help you decide what is best for you and your family.

#### ADULTS OR CHILDREN

I have diarrhea but no other symptoms associated with gastroenteritis, and my general state of health is good.

#### DECISION

I probably have a temporary intestinal disorder.

**A balanced diet should get rid of the symptoms.**

If need be, I can call **info-Santé 8-1-1**.

#### ADULTS OR CHILDREN

I have had diarrhea and at least one of the following symptoms for less than 72 hours:

- Nausea or vomiting
- Abdominal pain or cramps
- Headache
- Loss of appetite

#### DECISION

I probably have viral gastroenteritis that will last between 24 and 72 hours.

**I can treat myself at home.**

I can get information at [www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca).

If need be, I can call **info-Santé 8-1-1**.

#### ADULTS OR CHILDREN AT RISK FOR COMPLICATIONS

I have symptoms of gastroenteritis and belong to a category of people at risk for complications (children less than 2 years of age, adults 65 and over, pregnant women, persons suffering from a chronic disease).

#### DECISION

**I need to call info-Santé 8-1-1.**

A nurse will assess my condition and recommend steps to be taken, depending on my condition.

#### ADULTS OR CHILDREN

- I have had diarrhea for more than 48 hours, with no improvement
- I have diarrhea and fever (higher than 38° C or 100.4° F) for over 48 hours
- I have been vomiting for 48 hours, with no improvement
- I have had diarrhea for more than 1 week

#### DECISION

**I must see a doctor today.**

#### ADULTS OR CHILDREN

- I have a lot of bloody or black stool
- I have diarrhea with intense abdominal pain
- I have diarrhea, extreme thirst, have not urinated in 12 hours
- I have been vomiting frequently, and it does not slow down after 4 to 6 hours
- My vomit contains blood or stool (reddish or with the appearance of ground coffee)
- My general health is deteriorating (weakness, drowsiness, irritability, confusion)

#### DECISION

**I must go to the emergency department of a hospital immediately.**

If I require assistance, call **9-1-1**.

The information in this publication is not meant to replace the advice of a health professional. If you have questions about your state of health, call **info-Santé 8-1-1** or contact a health professional.