

Doctor Discussion Guide: Flu (Seasonal) Channel

The flu is a common respiratory infection that affects 10% to 25% of Canadians every year. Most people who get the flu will recover within a week to 10 days. However, some people experience more severe illness or are at risk of flu complications. These people should see their doctor as soon as possible to get treatment for the flu.

Print and fill in this doctor discussion guide to help you prepare for your visit to the doctor.

Age

I have/My child has the following symptoms (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> sudden fever | <input type="checkbox"/> extreme tiredness |
| <input type="checkbox"/> muscle and body aches or stiffness | <input type="checkbox"/> poor appetite |
| <input type="checkbox"/> headache | <input type="checkbox"/> sweating |
| <input type="checkbox"/> runny or stuffy nose | <input type="checkbox"/> nausea |
| <input type="checkbox"/> sneezing | <input type="checkbox"/> vomiting |
| <input type="checkbox"/> sore throat | <input type="checkbox"/> diarrhea |
| <input type="checkbox"/> dry cough | |

I first noticed these symptoms at

(approximate time): on (date):

I am pregnant or have recently been pregnant (within the last 6 weeks):

- Yes No

I have/My child has the following medical conditions:

- | | |
|--|--|
| <input type="checkbox"/> heart disease (e.g., congenital heart disease, coronary artery disease, congestive heart failure) | <input type="checkbox"/> kidney or liver problems |
| <input type="checkbox"/> lung disease (e.g., asthma, cystic fibrosis, chronic obstructive pulmonary disease) | <input type="checkbox"/> blood disorders (e.g., sickle cell anemia) |
| <input type="checkbox"/> weakened immune system (e.g., HIV/AIDS, cancer) or taking medications that weaken the immune system (e.g., corticosteroids, medications for organ transplant, cancer medications, biologics [these medications may be used to treat conditions such as rheumatoid arthritis, psoriasis, and Crohn's disease]) | <input type="checkbox"/> neurological problems, such as brain disorders, spinal cord injury, nerve disorders, cerebral palsy, epilepsy, stroke, developmental delay, or muscular dystrophy |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> metabolic disorders, such as mitochondrial disorders and inherited metabolic disorders |

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I am/My child is very overweight:

- Yes No

I live in a nursing home or other long-term care facility:

- Yes No

Questions to ask your doctor:

1. Are there medications available for me/my child?
2. How should I/my child take the medication?
3. What can I do at home help myself/my child feel better?
4. Are there any specific precautions I/my child should take while sick with the flu?
5. How long should I/my child stay home?
6. Other:
7. Other:

Doctor Recommendations:

- Antiviral treatment:
- Symptomatic treatment:
- Stay home and rest
- Wash hands frequently
- Drink plenty of fluids
- Use proper coughing and sneezing etiquette
- Clean common surfaces
- Other:
- Other: