Knowing What To Do

Do you have any of the following?

- Short of breath while resting or doing very little
- Extreme pain or pressure in the chest or stomach/abdomen area
- Vomiting that is severe or does not stop
- Confusion or disorientation

YES → **Go to the Emergency Department or call 911!**

NO ↓

Is your temperature 38°C (100.4°F) or higher?

YES → ***Do you have any of the following?***

- Chronic heart, lung kidney or liver disease requiring regular medical care
- An illness like diabetes or cancer, which is being treated, or diseases or treatments that affect the immune system, such as HIV/AIDS

Are you pregnant?

YES → Contact your primary care provider or specialist for urgent assessment

NO ↓

NO ↓

Do you have any of the following?

- Chronic heart, lung kidney or liver disease requiring regular medical care
- An illness like diabetes or cancer, which is being treated, or diseases or treatments that affect the immune system, such as HIV/AIDS

YES → ***Do you have a cough and any of the following?***

- Aching muscles
- Headache
- Extreme tiredness
- Sore throat
- Cough

YES → ***Possible cause: Influenza***

Call your primary care provider or Telehealth Ontario

NO ↓

Self care or call your primary care provider or Telehealth Ontario

NO ↓

Do you have any of the following?

- Aching muscles
- Headache
- Extreme tiredness
- Sore throat
- Cough

YES → Self care or call your primary care provider or Telehealth Ontario

NO ↓

If you have other symptoms and/or are concerned, call our primary care provider or Telehealth Ontario

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The Future of Learning

Source: As sited in Toronto Public Health – July 2009, page 17