What should I do if I think I have the flu?

If you get the flu, antiviral drugs are a treatment option.

Check with your doctor promptly if you have a high risk condition and you get flu symptoms.

Following is a list of all the health and age factors that are known to increase a person’s risk of getting serious complications from the flu:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Morbid obesity (body mass index [BMI] of 40 or higher)
- People younger than 19 years of age on long-term aspirin therapy
- Weakened immune system due to disease or medication (such as people with human immunodeficiency virus (HIV), acquired immunodeficiency disease (AIDs), cancer, or those on chronic steroids).

Other people at high risk from the flu:

- Adults 65 years and older
- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives

Flu symptoms can include

- Fever
- Cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills and
- fatigue.

Your doctor may prescribe antiviral drugs to treat your flu illness.

For more information, please go to:
http://www.cdc.gov/flu/antivirals/whatyoushould.htm#haveflu