



Student Health Services

For all your health needs..

Pittsburg State University • (620)-235-4452 • www.pittstate.edu/health

Should I Seek Medical Attention For Influenza?

Most healthy people with flu-like symptoms can be managed at home with non-prescription medications, (Acetaminophen or Tylenol, and decongestants), drinking plenty of fluids, and getting plenty of rest. A routine prescription of antiviral medication for mild disease, or for any case in an otherwise healthy person where hospitalization is not being considered, is not recommended.

You should seek medical care with influenza symptoms if you have any of the following conditions:

- Chronic lung conditions, including asthma
- Pregnancy
- Diabetes, heart disease, kidney disease
- Immunosuppression
- Chronic gastrointestinal, clotting or platelet disorders, or neuromuscular conditions

It is also advisable to seek medical attention if you are experiencing any of the following symptoms:

- Difficulty breathing or shortness of breath
- Persistent vomiting or unable to drink adequate fluids
- Progressive lethargy, diminished alertness or confusion
- Pain or pressure in the chest or abdomen
- Persistent fever over 101 degrees F, or flu-like symptoms improve but return with fever and worse cough

If you need to make an appointment for a medical evaluation, please call **Student Health Services at (620)-235-4452.**