



While most people who contract the flu are able to recover safely without medical intervention, it's essential to consult by phone with a health care provider in some situations.

## Call Cornell Health if ...

- 1. You have concerns about your illness** or ability to care for yourself.
- 2. You have underlying health conditions** that could put you at higher risk of complications from the flu. These include:
  - asthma
  - current pregnancy
  - heart, lung, or kidney disease
  - immune suppression
  - being 65 or older
  - diabetes
- 3. Your symptoms worsen** or complications develop, including:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion or change in level of consciousness
  - Severe or persistent vomiting
  - Flu-like symptoms improve but then return with fever and worse cough

**607-255-5155 (24/7)**

For more information about flu prevention, vaccination, and treatment: [health.cornell.edu](http://health.cornell.edu)

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**Your health is in your hands.**

