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)