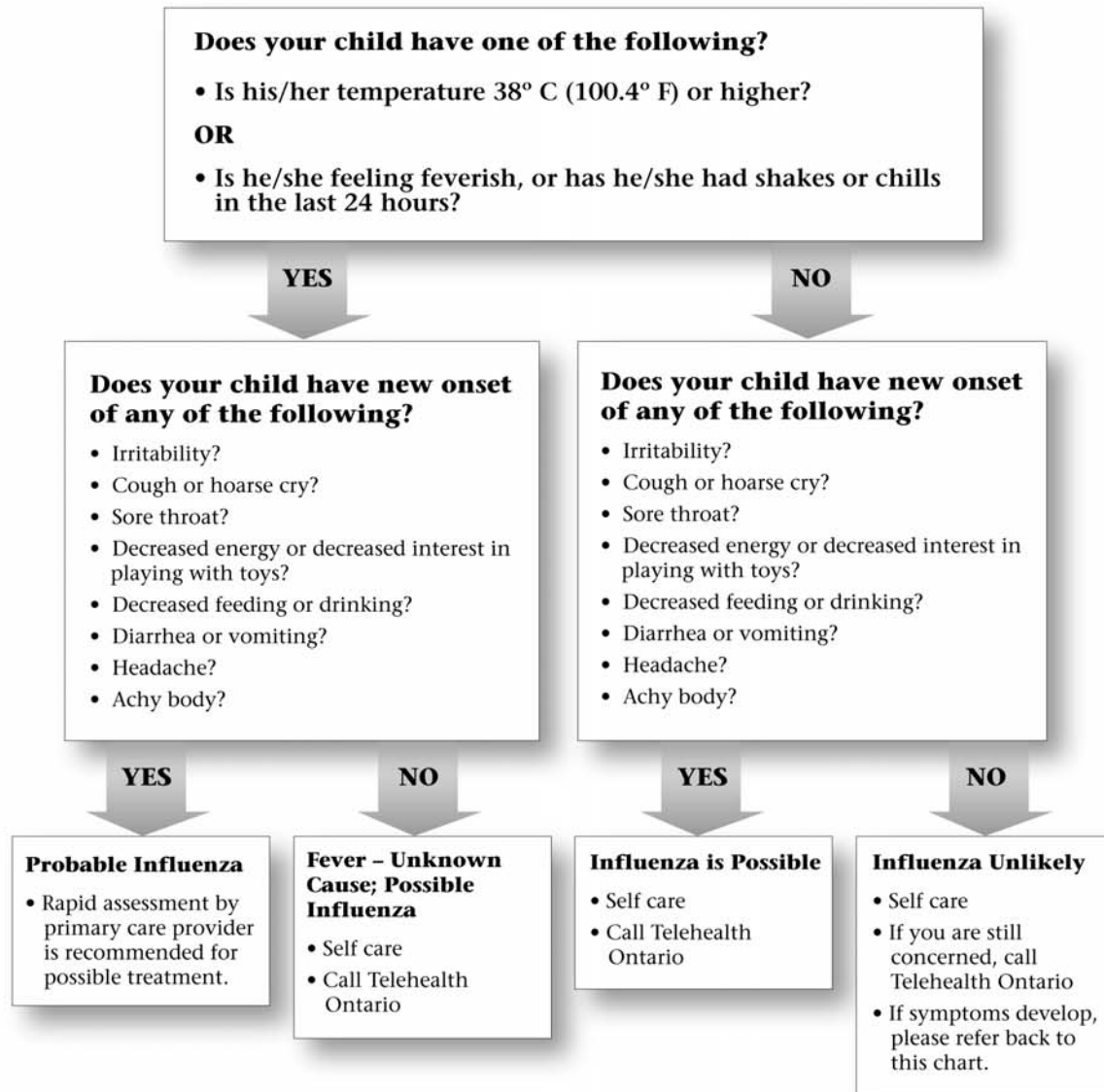


Appendix A: Self-Assessment Tools

Chart A
Influenza Self-Assessment Chart CHILDREN UNDER 5 YEARS OF AGE

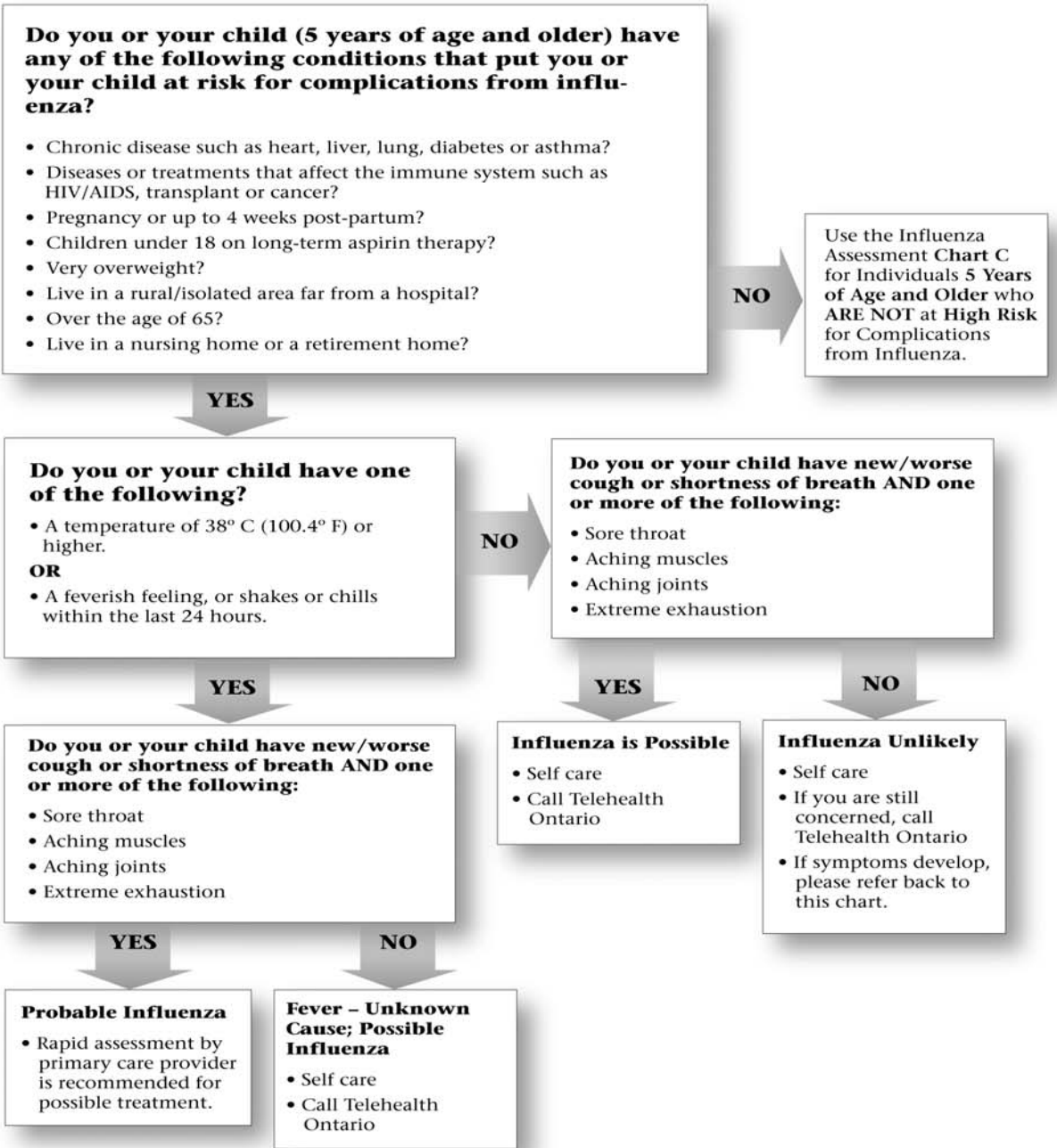


TELEHEALTH ONTARIO 1-866-797-0000 or TTY 1-866-797-0007

If your child has new onset or worsening of the following symptoms, you should take your child to the closest emergency department or call 911 immediately:

- Difficulty breathing / shortness of breath when doing very little or resting
- Blue lips, cold feet, hands and/or toes; sudden paleness
- Extreme lack of energy; limp or unconscious
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures
- Confusion or disorientation

Chart B
Influenza Self-Assessment Chart for Individuals 5 Years of Age and Older who ARE at High Risk for Complications from Influenza



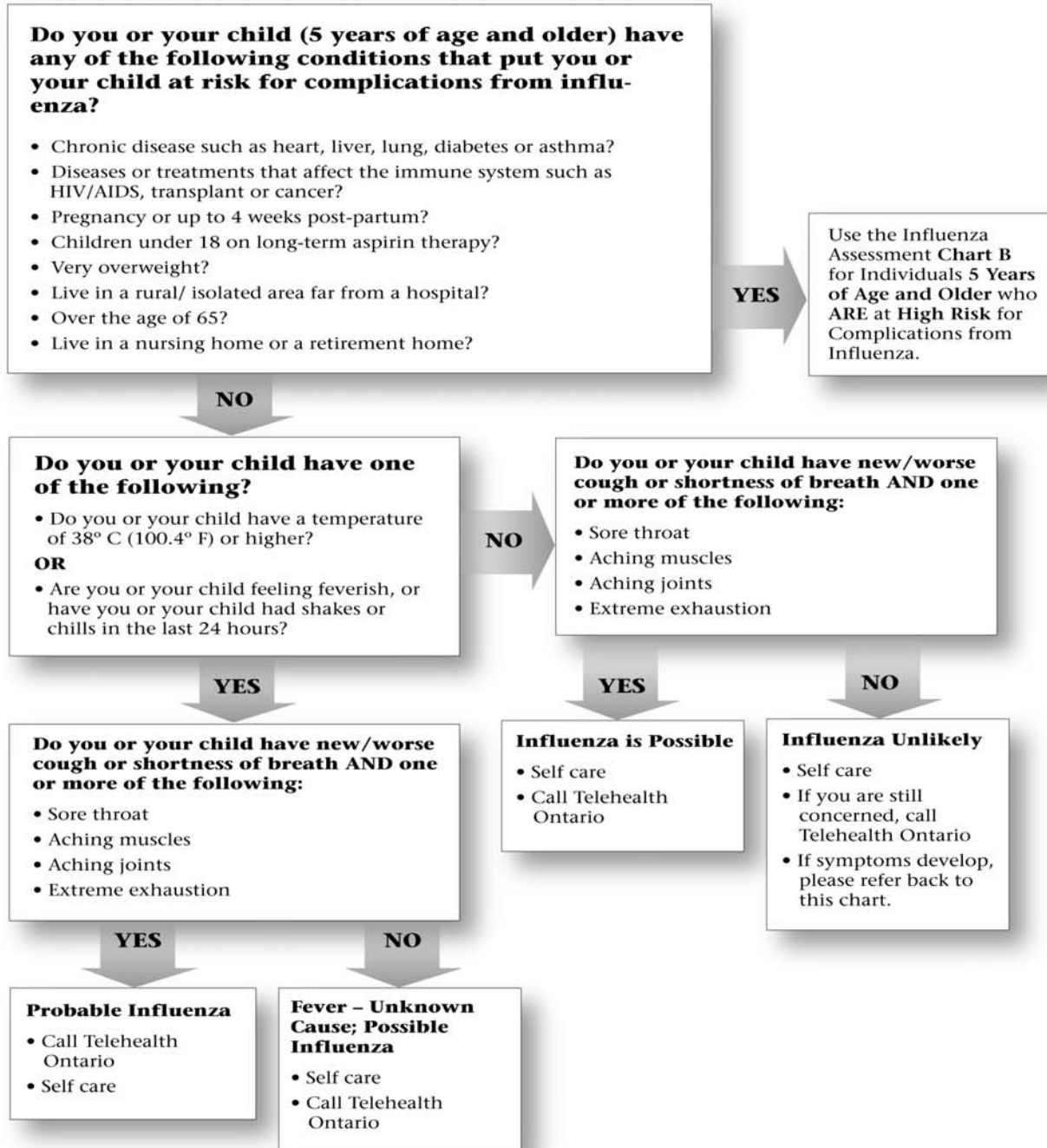
TELEHEALTH ONTARIO 1-866-797-0000 or TTY 1-866-797-0007

If you or your child has new onset or worsening of the following symptoms, you should take your child to the closest emergency department or call 911 immediately:

- Difficulty breathing / shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures
- Confusion or disorientation

Chart C

Influenza Self-Assessment Chart for Individuals **5 Years of Age and Older** who **ARE NOT** at **High Risk** for Complications from Influenza



TELEHEALTH ONTARIO 1-866-797-0000 or TTY 1-866-797-0007

If you or your child has new onset or worsening of the following symptoms, you should take your child to the closest emergency department or call 911 immediately:

- Difficulty breathing / shortness of breath when doing very little or resting
- Continuous vomiting or severe diarrhea with signs of dehydration such as dry tongue, dry mouth, decreased peeing (no urine for the past 6-8 hours), or very yellow/orange urine
- Stiff neck, sensitive to light
- Seizures
- Confusion or disorientation