

# Colds and Flu End Here

Whether you're an adult or a child, the flu bug is never fun. We're here to help you get through this rough time. If you think you may have the flu — or just a severe cold — you now have an alternative to the overcrowded emergency room, while allowing them to address more severely ill or injured patients by using our other services.

With our on-demand services, you can get answers by visiting an online doctor from your device, calling for a doctor to visit you at home or stopping by one of our clinics. Whatever your preference, we want to help you get better faster.

Visit our [Express Care site](#).

And if you haven't had a flu vaccination, you should — even now — physicians say. A vaccination may still help you avoid being swept into this winter's tidal wave of sickness.

[Flu vaccine facts-Instagram video](#)

## Flu basics

The influenza *virus* causes a contagious respiratory illness that can be mild to severe. Young children, older people and those with certain health conditions may be especially vulnerable. Flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Headaches
- Fatigue

Also find more information on [influenza](#) from the Center for Disease Control and Prevention.

## How much influenza is circulating in the community right now?

Washington Department of Health  
[Influenza Surveillance Data](#)



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

[Flu: What to do if you get sick](#) — Center for Disease Control and Prevention (CDC)

[Flu treatment](#) — Center for Disease Control and Prevention (CDC)

## Do I need to go to the emergency room?

Watch this [video](#) from Swedish physician Elizabeth Meade, M.D., to help determine if you should go to the emergency room or clinic for the flu.

- Consider calling your doctor if you are a **low-risk** individual and suspect the flu. Stay home, drink plenty of water to prevent dehydration, avoid close contact with people, cover your cough and wash your hands.
- Consider going to the emergency room if you are a **high-risk** individual, suspect you have flu and are experience severe symptoms.

[Flu facts — Instagram](#)

[King County Public Health — Insider blog](#)

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## Am I at risk of serious problems from influenza?

*If you fall into one of the groups below and have flu-like symptoms, consider seeking medical care.*

### **Risk factors that are known to increase a person's risk of getting serious complications from the flu:**

- Adults 65 years and older
- Children younger than 2 years old
  - Although all children younger than 5 years old are considered at high risk for serious flu complications, the highest risk is for those younger than 2 years old, with the highest hospitalization and death rates among infants younger than 6 months old.
- Pregnant women and women up to 2 weeks after the end of pregnancy
- Native Americans and Alaska Natives
- People who live in nursing homes and other long-term care facilities
- Asthma
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Neurologic and neurodevelopment conditions
- Blood disorders (such as sickle cell disease)
- 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)
- People who are obese with a body mass index (BMI) of 40 or higher
- People younger than 19 years of age on long-term aspirin or salicylate-containing medications.
- People with a weakened immune system due to disease (such as people with HIV or AIDS, or some cancers such as leukemia) or medications (such as those receiving chemotherapy or radiation treatment for cancer, or persons with chronic conditions requiring chronic corticosteroids or other drugs that suppress the immune system)



We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-313-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-313-9127 (Swedish Edmonds 888-311-9178) (TTY:711)