

## Mayo Clinic Minute

### How to know when to seek medical treatment for influenza

Video	Audio
	“Fever, muscle aches, respiratory illness – this is pretty classic for influenza.”
	In what the CDC calls the worst flu season in a decade, millions of Americans will suffer through these influenza symptoms.
	So knowing when to see a health care provider and when to stay home can be tricky.
	Urgent care and emergency departments across the country end up flooded with patients, many of whom don’t need to be there.
	“It makes it a lot harder for those folks who do need to be seen to get in on time.”
	Mayo Clinic infectious diseases specialist Dr. Pritish Tosh says babies under 12 months, people over age 65, pregnant women and people with heart and lung diseases should definitely see a health care provider as soon as they show symptoms.
<b>PRITISH TOSH, M.D.</b> <b>INFECTIOUS DISEASES</b> Mayo Clinic	“Most young, healthy people who develop influenza will do just fine staying at home getting plenty of fluid, plenty of rest.”
	But even otherwise healthy people can suffer complications from influenza.
	Dr. Tosh says if your fever doesn’t go down, you’re having trouble thinking, can’t keep down fluids, and you get lightheaded when you stand up, it’s time to seek medical care.
	He also says your chances of having complications are much lower if you get a flu shot.
	For the Mayo Clinic News Network, I’m Ian Roth.

