

When to Seek Medical Care Immediately

[For Adults](#)

[For Children](#)

[For Babies](#)

For adults

- Difficulty with, or noisy breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Confusion or disorientation
- Coughing up bloody sputum
- Severe vomiting or vomiting that does not go away; or
- Symptoms improve and then suddenly become worse.

People who have the following pre-existing conditions, and develop flu symptoms, should call their doctor:

- Heart or lung disease
- Any other chronic – long-term – health problems which require regular medical attention
- 65 years or over with generally poor health
- Have a weak immune system due to any treatment or illness

For Children

- Fast or noisy breathing, may be wheezing or grunting when breathing
- Area below ribs sucks inward (instead of expanding as normal) as young child breathes in
- Bluish or dark-coloured lips or skin colour, particularly fingers and toes.
- Drowsiness or you find it is difficult or you are unable to wake your child
- Severe irritability, not wanting to be held
- Not drinking enough fluids and/or not going to the toilet regularly (about every 6 hours when awake); or
- Symptoms improve and then suddenly become worse.

For babies

- **Wheezing/difficult breathing**
- **Area below ribs sucks inward (instead of expanding) as baby breathes in**
- **Has blue lips**
- **Is limp**
- **Drowsy/difficult to wake**
- **Severe irritability**
- **Has a seizure**
- **Not drinking enough fluids (producing less than four wet nappies in 24 hours)**

If you are a breastfeeding mother, ensure you wash and dry hands thoroughly before and after handling the baby. Do not kiss the baby around its mouth or nose.