Cold/Flu Symptoms

For minor respiratory illness in a patient without shortness of breath or wheezing; must have normal respiratory rate and O₂ sat.

### History
- Recent travel
- Duration of symptoms
- Severity of symptoms
- Current influenza/pneumonia vaccination?
- Past medical history
- Medications
- Immunocompromised (e.g., transplant, HIV, diabetes, cancer)
- Sick contact exposure
- Last acetaminophen or ibuprofen

### Signs and Symptoms
- Warm
- flushing
- Sweaty
- Chills/rigors

**Associated Symptoms (helpful to localize source)**
- Malaise, cough, chest pain, headache, dysuria, abdominal pain, mental status changes, rash, tachycardia

### Differential
- Infection/sepsis
- Cancer/tumors/lymphomas
- Medication or drug reaction
- Connective tissue disease (e.g., arthritis or vasculitis)
- Carbon monoxide poisoning
- Meningitis

### Signs and Symptoms

| E | Temperature measurement |
|   | Blood glucose analysis |
|   | Consider, IV |
| P | Cardiac monitor |
|   | Consider 12-Lead ECG |
|   | If systolic BP < 90 |
|   | Normal Saline bolus 500ml IV/IO |
|   | Maximum 2L |

#### Hypoglycemia

#### Hyperglycemia

#### Chest Pain: STEMI

#### Sepsis

#### Altered Level of Consciousness

#### Overdose/ Poisoning/Ingestion

#### Nausea/Vomiting

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**Notify receiving facility. Consider Base Hospital for medical direction**