


An EMERGENCY ROOM VISIT IS RARELY needed if you have the FLU, a fever, or a cough.



If you have flu like symptoms call your health plan's **Advice Nurses** to get information about Self-Care and to help you decide if you should visit an urgent care clinic, make an appointment with your regular health care provider or if an emergency room visit is needed.

Visit cchealth.org/flu
for ways to protect yourself from the flu.



Contra Costa Health Plan members and Contra Costa residents who do not have health coverage can call 1-877-661-6230 and **select option 1** to speak to an Advice Nurse.

