Coping With Flu

Symptoms and Care

Overview

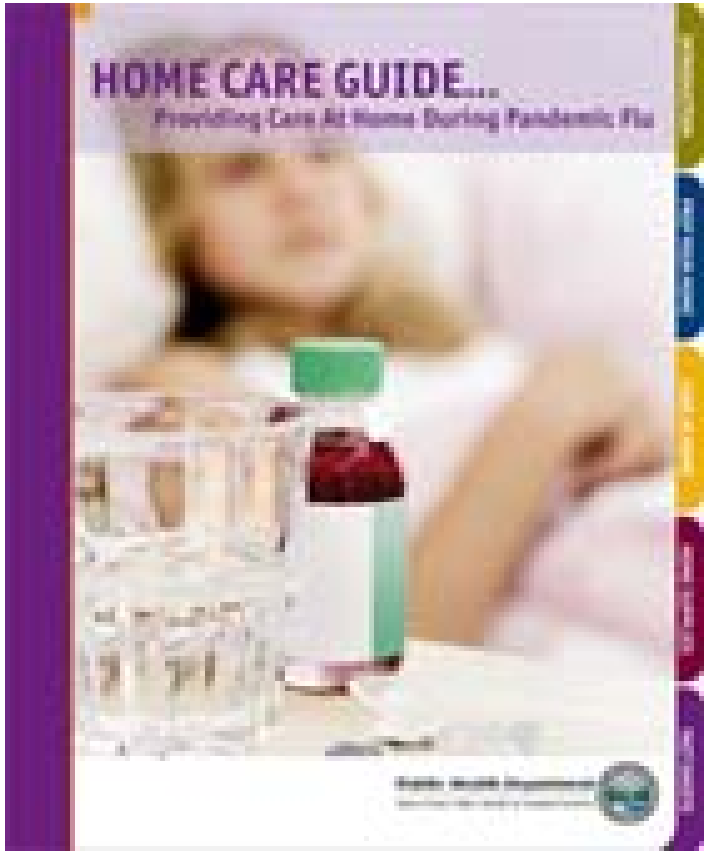
- Flu Symptoms
- Giving Care
- Preventing Spread of Disease at Home
- Supplies

Home Care Guide

- Introduction
- Prep Your Home
- Care at Home
- Home Supplies
- Fact Sheets

Provided by:

Insert name of local public health agency and its web address



Flu Symptoms

- Fever of 101.5º degrees Fahrenheit or higher
- AND ONE OF THE FOLLOWING
  - Cough
  - Sore throat
  - Headache
  - Muscle ache
- Stay at home for at least 10 days to recover and prevent spread of disease

Note: These are typical symptoms of seasonal flu. Symptoms of the pandemic may differ when it occurs.

PROVIDING CARE AT HOME

Caring for Someone with Flu

- Keep ill person resting at home!
- Contact a doctor immediately
- Isolate ill person in room with door closed
- Offer plenty of liquids, including
  - Pedialyte
  - Gatorade
  - Other rehydration solution
- Offer Tylenol for fever and body aches

  ANTIBIOTICS WILL NOT CURE FLU
- Antiviral medications may be of some use

Care Giving Prevention Measures

- The ill person should wear a mask when others are in the room
- Wear a mask when giving care
- Wear gloves when cleaning an area where the ill person has been
- Wash hands before and after giving care or handling the ill person's belongings

PREPARING YOUR HOME

Preventing Spread of Disease at Home

- Clean surfaces and shared items daily with disinfectant
  - Doorknobs, refrigerator and cabinet handles
  - Faucets, light switches, phones, TV remotes, keyboards, toys
  - Toilet seats and handles
- 1/4 cup chlorine bleach mixed with 1 gallon water makes a disinfectant

HOME CARE SUPPLIES

Supplies to Keep On Hand

- Cleaning supplies
  - Soap, bleach or other disinfectant
  - Paper towels, plastic bags
  - Plastic bag lined waste baskets
- Caregiver supplies
  - Tylenol (acetaminophen) or other non-aspirin pain reliever
  - Tissues
  - Masks, disposable gloves