

Tips For Taking Care of A Sick Person In The Home

The Novel H1N1 flu virus can be spread from person to person and can cause symptoms that include: fever, sore throat, body aches, headache, cough, and chills.

The following tips can help if you need to care for someone in your home who is ill from the H1N1 flu.

- ◆ Check with the healthcare provider to see if antiviral medication should be taken.
 - ◆ Persons who are sick should stay home for at least 24 hours after having a fever (100° F or greater), or signs of a fever, without the use of fever-reducing medicines (such as Tylenol).
 - ◆ Offer plenty of liquids to avoid dehydration.
 - ◆ Encourage the sick person to get plenty of rest.
 - ◆ Coughs and sneezes should be covered and hands washed, especially after touching a used tissue.
 - ◆ Do NOT give aspirin or products containing aspirin to children or teenagers who have the flu.
 - ◆ Keep the sick person in a room away from others and keep door closed.
 - ◆ If possible, have only one adult be the caregiver. Someone who might be at high-risk for complications from the flu should NOT be the caregiver, especially a pregnant woman (pregnant women are at increased risk of flu related complications).
 - ◆ All persons in the home should practice good hygiene including frequent hand washing and covering their sneeze and cough.
 - ◆ Wash your hands after you touch the sick person, or if you handle used tissues or laundry items.
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- ◆ When holding a small child who is sick, hold the child with their chin on your shoulder so that they don't cough in your face.
 - ◆ Keep frequently touched surfaces, such as toys, remote control, and phones clean by wiping down with an anti-viral disinfectant.
 - ◆ Don't share items such as dishes and eating utensils used by someone who is ill. Thoroughly clean these items.
 - ◆ Monitor yourself and other household members for flu-like symptoms and contact a health care provider if symptoms appear. Flu-like symptoms include:
 - Sore throat
 - Muscle ache
 - Coughing
 - Runny or stuffy nose
 - Fever
 - Headache
 - Extreme tiredness
 - Difficulty breathing
 - Pain or pressure in the chest or abdomen
 - Stomach symptoms (nausea, vomiting, diarrhea). These are more common in children.

Seek Emergency Medical Care:

If the person at home....

- ~ Has purple or blue coloring of the lips.
- ~ Is vomiting and unable to keep down liquids.
- ~ Shows signs of dehydration such as dizziness when standing, or not urinating.
- ~ In infants, be aware of lack of tears when they cry, being so irritable that they don't want to be held, severe or persistent vomiting, bluish or gray skin color, fast breathing.
- ~ Has seizures.
- ~ Seems unresponsive and confused.

For more H1N1 information go to www.myflusafety.com, or ORCHD.com

