

Prevent dehydration by giving adequate amounts of liquids at the first sign of flu. Have plenty of ice, water, and light easily digestible foods such as soups or broth available. You can reduce a high temperature with fever-reducing medication and/or relieve discomfort by giving a sponge bath with lukewarm water.

Call your doctor or a health care professional if your family member has:

- A fever greater than 103° F
- Chills
- Coughing that produces thick mucus
- Excessive thirst or other signs of dehydration (feeling of dry mouth)
- An existing medical condition that has been made worse by the flu
- Irritability and/or confusion
- Stiff neck

Your doctor or other health care professional can tell you how to treat most symptoms over the phone.

Call 911 for any of the following symptoms:

- Difficulty breathing or chest pain with each breath
- Bluish skin
- Inability to move an arm or leg
- First-time seizure

(over)

Items to keep on hand

- Thermometer
- Masks
- Fluids
- Over the counter medications for treatment of symptoms
- Your family physician's contact information

If you get the flu:

- Stay home. You'll be infectious one day before and up to a week after symptoms develop.
- Practice social distancing, proper respiratory etiquette, and good hand hygiene.

Resources:

www.cdhd.idaho.gov

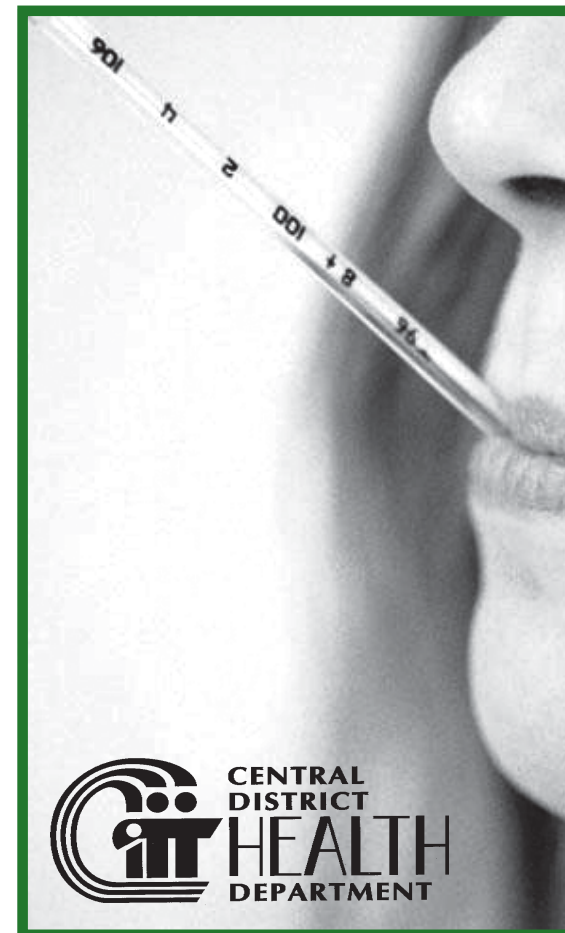
www.pandemicflu.gov

www.handhygiene.org/

www.ready.gov



Home Care for Influenza



cdhd.idaho.gov

Influenza (flu) comes on suddenly and causes symptoms like fever, cough, body aches, headache, and fatigue. These symptoms usually last 3 to 4 days, after which you may have a dry cough, runny nose, and sore or scratchy throat for another week or so.

In most healthy people, influenza goes away in 7 to 10 days. People with influenza are infectious and can give the flu virus to others one day before and up to 7 days after symptoms develop.

Healthy habits can prevent flu illness in yourself and others

Wash your hands often



- Wash your hands with soap and warm water for 20 seconds.
- Keep an alcohol-based hand sanitizer handy for times when soap and water aren't available.
- Wash your hands after touching your eyes, nose, or mouth.

Cover your cough and sneeze

- Use a tissue and throw it away. (Use your upper sleeve, if you don't have a tissue.) Then wash your hands.
- If you're coughing and sneezing, or if close contacts (i.e. family, friends, etc.) are ill, stay at least three feet away from others.

If you have the flu, stay home and away from others

- Stay home from work or school. Avoid running errands to reduce your contact with others.
- Consider wearing a surgical mask when around others. Do not share masks & follow the re-use directions on package.

What to do if you or a household member is sick

Influenza is spread when a person infected with an influenza virus speaks, coughs, and/or sneezes and sends the flu virus into the air. The virus can enter the nose, throat, and lungs of another person and begins to multiply. People can also become infected by touching a contaminated surface, then touching their nose or mouth.

To protect yourself and others in your home:

- Keep everyone's personal items separated. Household members should avoid sharing computers, pens, paper, clothes, towels, sheets, blankets, food, and eating utensils.
- Disinfect doorknobs, switches, handles, toys, and other surfaces that are commonly touched around the home.

- Wear disposable gloves when in contact with or cleaning up bodily fluids.
- Make one person the caregiver (he or she may benefit from wearing a mask).
- Follow precautionary measures and avoid hand-face contact with infectious bodily fluids to reduce the chance of making the caregiver sick or ill.



Home treatment for influenza

Get lots of rest and drink plenty of liquids (i.e. water, soups, juices or sports drinks, but avoid alcohol). You can purchase over-the-counter medication to relieve flu symptoms. In some cases a doctor or other health care professional may prescribe anti-viral drugs to help treat the flu. Antibiotics DO NOT cure the flu.

Monitor flu symptoms

You can keep a flu home care log. Write down the date, time, temperature, other flu symptoms, medication given, and dosage. Make a new entry every 4 hours or when symptoms change.
