



HOW TO TAKE CARE OF SOMEONE WITH THE FLU

Understand and stop the spread of H1N1 flu and the seasonal flu

BE PREPARED TO TAKE CARE

Make a plan now. Figure out what is needed if you or members of your household have to stay home from work or school. Keep extra supplies of food, water, medications and an emergency supply kit on hand. Also, choose a caretaker who is not at high-risk for complications from the flu.

KNOW WHAT TO DO

When taking care of someone who is sick with H1N1 flu or the seasonal flu, you should do the following:

- Make sure that the sick person gets plenty of rest and fluids.
- Keep the sick person away from others, including guests, as much as possible. This is to keep from getting others sick. Sick people should not go to work or school and should stay home until they are fever-free for at least 24 hours without the use of fever-reducing medicines.
- Speak to the sick person's doctor about any special care he or she may need, especially if someone at home is pregnant or has a health condition, like diabetes, heart disease, asthma or emphysema. A doctor will also know if antivirals or other medication is needed.

KNOW HOW TO PROTECT YOURSELF

- Avoid face-to face contact and be sure to wash your hands after coming into contact with items that the ill person has recently touched, such as computers, pens, paper, clothes, towels, sheets, blankets, food and eating utensils.
- Wash your hands often with soap and water. Alcohol-based hand sanitizers are also effective at killing germs.
- Use individual hand towels or paper towels for each person in your household.
- Keep surfaces clean, especially bedside tables, surfaces in the bathroom, doorknobs and toys for children.
- Avoid touching your eyes, nose or mouth.
- Throw away tissues used by the person who is ill. Wear disposable gloves when in contact with or cleaning up body fluids. Wash your hands after touching used tissues and similar waste.



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KNOW WHEN TO SEEK HELP

There are emergency warning signs. Anyone who has them should get medical care right away.

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting with others
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

HELP PREVENT THE SPREAD OF FLU

It's up to you to stop the flu by making sure to:



GET VACCINATED

Get vaccinated. You need two different vaccines to be protected from the flu this year: One to protect against H1N1 flu and another to prevent the seasonal flu.



COVER YOUR COUGH

Cover your mouth and nose when you cough or sneeze. Use a tissue, sleeve or the inside of your arm to cover your mouth and nose.



WASH YOUR HANDS

Wash your hands often with soap and water. Alcohol-based hand sanitizers can also be effective.



STAY AT HOME WHEN YOU'RE SICK

Stay at home for 24 hours after your fever is gone without the use of fever-reducing medicines.

Avoid spreading germs. People can get sick by touching a surface or object with flu viruses on it and then touching their eyes, nose or mouth.



For more information, visit www.cdph.ca.gov or call the flu hotline at [1-888-865-0564](tel:1-888-865-0564).

