



## 2009 H1N1 Influenza

### Taking Care of a Sick Person in Your Home

### January 25, 2010

*Revision History: Supersedes:*

*“California Department of Public Health Swine Influenza Virus A (H1N1) guidance: Taking Care of a Sick Person in Your Home (5/4/09)”*

### Introduction

This is an update of the May 4, 2009 California Department of Public Health (CDPH) recommendations “Swine Influenza Virus A (H1N1), Taking Care of a Sick Person in Your Home”, which were adapted directly from Centers for Disease Control and Prevention (CDC) guidance.

On October 23, 2009 and December 5, 2009 the CDC issued revisions to the “Interim Guidance for 2009 H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home” ([http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)).

The CDC revised guidance dated October 23, 2009 dropped the previous recommendation that people with influenza-like illness should remain at home for 7 days or until symptoms resolve, whichever is longer. The CDC now recommends that people with influenza-like illness should remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]) or signs of a fever without the use of fever-reducing medications.

The CDC revised guidance dated December 5, 2009 dropped the previous recommendation that caregivers in close contact with a sick person use a face mask or N-95 disposable respirator. Instead, the CDC now recommends that sick people use a face mask if they leave their designated sick room to go to the bathroom or the doctor. If a mask isn't available, the CDC recommends using a tissue to cover coughs and sneezes.

### Current Recommendations

The CDPH has reviewed and concurs with the CDC's Interim Guidance for 2009 H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home revised on October 23 and December 5, 2009, and urges Californians to follow these recommendations.

## **Resources**

CDC Recommendations: H1N1 Flu and Seasonal Flu: Caring for Someone Sick at Home: <http://www.cdc.gov/h1n1flu/homecare/>

CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others (issued October 23, 2009):  
<http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>

CDPH 2009 H1N1 Influenza Home Page:  
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/H1N1Home.aspx>

**Thank you for your ongoing commitment to the 2009 H1N1 influenza response.**