

### What is Pandemic Flu?

A “pandemic” is a disease that spreads all over the world and affects a large number of people. If you are caring for a loved one during a pandemic, it’s important to take steps to protect yourself and others. Always follow the most current advice of the U.S. Department of Health and Human Services and your local health department.

### **Prevent the Spread of the H1N1 Flu**

These healthy habits will help keep you and others from getting and passing on the virus:

- Clean your hands often with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
- Cough or sneeze into your upper sleeve if you don’t have a tissue.
- Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

Also, a person with sign of the flu should:

- Stay home from work, school and errands and avoid contact with others. Do not return until 24 hrs after the fever is gone without using fever reducing medications.
- Consider wearing a surgical mask when around others.

### Prepare for a Flu Pandemic

Make a plan now for a flu pandemic. Figure out what you will do if members of your household have to stay home from work or school or stay separated from others for a period of time. Keep extra supplies of food, water, medications and your disaster supply kit on hand.

### Pandemic Flu Care Giving Supplies

- Thermometer
- Soap
- Box of disposable gloves
- Acetaminophen
- Ibuprophen
- Bleach
- Alcohol-based hand sanitizer
- Paper Towels
- Tissues
- Surgical Masks (one for each person)
- Sugar, baking soda, salt, salt substitute



### Care for a Loved One with the Flu

A person recovering from flu should have:

- Rest and plenty of liquids
- No alcohol or tobacco
- Medications to relieve flu symptoms

In some cases, a healthcare professional may prescribe antiviral drugs to treat the flu. Antibiotics (like penicillin) don’t cure it .

**If any questions with these recommendations, please contact your healthcare provider.**

## Home Care Guide For H1N1 Flu

*Protecting Yourself, Protecting Others!*



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**Tulare County Public Health  
Emergency Preparedness Program**

## Monitor Pandemic Flu Symptoms

Follow the H1N1 and Seasonal Flu Guidance Chart. If your symptoms place you in the green or yellow guidance, please follow these home care instructions.

### Recontact or call your healthcare provider if your loved one has:

- Fever - Greater than 100.4° F or 38° C, along with any of these additional symptoms:
  - ⇒ Worsening of an existing serious medical condition (for example: heart or lung disease, diabetes, HIV, cancer).
  - ⇒ Shortness of breath
  - ⇒ Difficulty or painful breathing
  - ⇒ Vomiting for more than 4 hours.
  - ⇒ Fever in a child who is too quiet and less active than normal or who refuses to play or is agitated.

### If you cannot reach your healthcare professional, call 911 or local emergency number for any of the signs below:

- ⇒ Increasing difficulty breathing, blue lips
- ⇒ Difficulty moving, severe neck stiffness
- ⇒ Drowsiness, confusion, disorientation, or difficulty being aroused
- ⇒ Convulsions
- ⇒ No urination for 12 hours
- ⇒ Fever in an infant under 3 months old
- ⇒ If fever subsides & then returns

### Prevent Dehydration

Dehydration occurs when the body loses too much water and it's not replaced quickly enough. It can be serious. Begin giving soothing drinks at the first signs of the flu and follow these tips:

- In addition to plenty of liquids, give ice and light, easily digested foods, such as soup and broth.
- If your loved one has diarrhea or vomiting, give fluids that contain electrolytes. These are available at your pharmacy or grocery store. Or you can make your own rehydration electrolyte drink for someone over the age of 12.

## Monitor Pandemic Flu Symptoms (cont.)

### Electrolyte Drink for adults, teens and children over the age of 3

4 cups of clean water  
1/2 tsp. table salt  
2 tbsp. sugar



Mix well and flavor with lemon juice or sugar-free Kool-Aid.

- If drinking liquids makes nausea worse, give one sip at a time until your loved one can drink again.
- If your loved one continues not to take fluids, or cannot retain fluids (continues vomiting and frequent diarrhea) please seek medical attention.

### Reduce Fever

- To help reduce a fever, do the following:
- Give plenty of fluids
- Give fever-reducing medication, such as acetaminophen, aspirin or ibuprofen, as directed on the container's label, or by direction of your healthcare provider.

### Do not give aspirin to anyone younger than 18 years old.

- To relieve discomfort, give a sponge bath with luke-warm water.

### H1N1 Vaccination

Vaccine will be available for the H1N1 flu sometime this fall.

When the CDC has announced its release, please contact your healthcare provider to find out where it will be available for the target age or priority group that you represent.



## When a Household Member is Sick

The flu virus is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others. So, follow these tips to protect your self and other in your home:

- Keep everyone's personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
- Disinfect door knobs, switches, handles, toys, and other surfaces that are commonly touched around the home or workplace.

### Disinfectant: 1 gallon water & 1/4 cup bleach

- It is okay to wash everyone's dishes and clothes together. Use detergent and very hot water.
- Wash your hands after contact with or cleaning up body fluids of a sick person or handling dirty laundry that the sick person has had contact with.
- One person should be the caregiver. He or she may benefit by wearing a mask when giving care.
- Please keep the sick person isolated (or away in another room) from the others in the home.

### Practice Hand Hygiene

Caregivers should always wash their hands before providing care. Afterward wash again and apply alcohol based hand sanitizer as well. Follow these steps for proper hand hygiene:

- Wet hands with warm, running water and apply liquid soap.
- Rub hands vigorously for at least 15 seconds, covering all surfaces and fingers.
- Scrub nails by rubbing them against the palms of your hands.
- Rinse your hands with water.
- Dry your hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.

