

Caring for a Person With Flu

- ▶ One person should be the caregiver.
- ▶ Have the sick person rest and stay home. Avoid contact with others.
- ▶ Minimize the number of people providing care to prevent the spread of the virus.
- ▶ Use fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin); follow the package label or a doctor/nurse's direction to reduce fever, headache, and muscle, joint, or eye pain.
- ▶ Give plenty of fluids to the sick person to drink as much as he/she can.
- ▶ Give light foods as the person wants; fluids are more important than food in the first days when the fever may be highest.
- ▶ Avoid touching your eyes, nose, or mouth. Germs often spread this way.
- ▶ Encourage rest, plenty of fluids, and medications to relieve flu symptoms.
- ▶ No alcohol or tobacco.
- ▶ Have the sick person gargle; use lozenges or hard candy for a sore throat.
- ▶ WASH HANDS OFTEN!

Ask everyone, including the sick person, to clean their hands and cover their coughs and sneezes.

Symptoms of Flu & When to Seek Medical Care

Symptoms of Flu



- ▶ Fever (usually high)
- ▶ Headache
- ▶ Tiredness (can be extreme)
- ▶ Cough
- ▶ Sore throat
- ▶ Runny or stuffy nose
- ▶ Body aches
- ▶ Nausea, vomiting, and diarrhea (more in children than adults)



If the person has flu symptoms they should:

- ▶ Rest
- ▶ Drink fluids
- ▶ Stay home
- ▶ Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)

But IF the person:

- ▶ Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- ▶ Has the fever for more than 3 to 5 days
- ▶ Feels better, then gets a fever again

➔ Call your healthcare provider



Or IF the person:

- ▶ Is confused or extremely irritable.
- ▶ Is short of breath or is wheezing
- ▶ Coughs up blood
- ▶ Has pain in the chest when breathing, has heart disease (like angina or congestive heart failure) and has chest pain
- ▶ Is unable to walk or sit up, or function normally (others might be the ones to notice this - especially in elderly persons)

➔ Call 911

Helpful Supplies

- ▶ Thermometer
- ▶ Fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
- ▶ Cough drops or cough syrup
- ▶ Drinks—fruit juices, soda, tea, sport drinks, water or Electrolyte Drink →
- ▶ Avoid Alcohol
- ▶ Light foods—clear soups, applesauce, crackers
- ▶ Blankets or warm covers

Electrolyte Drink:

1 quart water
1/2 tsp. baking soda
1/2 tsp. table salt
3 to 4 tbsp. sugar
1/4 tsp. salt substitute
Mix well and flavor with lemon juice or sugar-free Kool-Aid®.