

## 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 yourself and others in your home:

### Prevent Dehydration

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

- In addition, give ice and easily digestible foods, such as soup and broth.
- If diarrhea or vomiting occur, give fluids that contain electrolytes. These are available at your pharmacy or grocery store.
- Or you can make your own rehydration electrolyte drink for those over 12 years of age:
  - 1 quart water
  - 1/2 tsp. baking soda
  - 1/2 tsp. table salt
  - 3-4 tbsps. sugar
  - 1/4 tsp. salt substitute

Mix ingredients well and flavor with lemon juice or a sugar-free drink.

*If drinking liquids makes nausea worse, give one sip at a time until one can drink again.*

### Reduce Fever

To help reduce a fever, do the following:

- Give plenty of liquids.
- Give fever-reducing medication, such as acetaminophen, aspirin, or ibuprofen, as directed on the container's label. Do not give aspirin to anyone younger than 20 years.
- Keep a record of your loved one's temperature in your care log.
- To relieve discomfort, give a sponge bath with lukewarm water.

### Monitor Pandemic Flu Symptoms

Keep a care log. Write down the date, time, fever, symptoms, medicines given and dosage. Make a new entry at least every four hours or when the symptoms change. Call your health care provider if necessary.

*This guide is not intended to constitute medical advice, diagnosis, or treatment.*

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### Manage Exposure

- **Wear disposable gloves** when in contact with or cleaning up body fluids.
- **One person should be the caregiver.** They may benefit by wearing an approved mask when giving care.

### Keep everyone's personal items separate.

All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food, or eating utensils.

### Disinfectant

Mix 1 gallon water with 1/4 cup bleach. Mix up a fresh batch often.

### Disinfect (Control of disease organisms)

Disinfect door knobs, switches, handles, toys, and other surfaces that are commonly touched around the home or workplace. Disinfectants can be homemade or purchased.

- **It is okay to wash everyone's dishes or clothes together.** Use detergent and hot water. Wash your hands after handling dirty items.

### Pandemic Flu Care Supplies

Thermometer  
Soap  
Box of disposable gloves  
Acetaminophen and ibuprofen  
Bleach  
Alcohol-based hand sanitizer  
Paper towels and tissues  
Sugar, baking soda, salt, salt substitute  
Mask

### Learn More...

The more you know about pandemic flu, the more you can help your family and your community to prepare. Learn more at these sites:

- ❖ City of Sioux Falls Health Department—[www.siouxfallsflu.org](http://www.siouxfallsflu.org)
- ❖ S.D. Department of Health—[www.flu.sd.gov/pandemic](http://www.flu.sd.gov/pandemic)
- ❖ U.S. Department of Health & Human Services—[www.pandemicflu.gov](http://www.pandemicflu.gov)
- ❖ Centers for Disease Control & Prevention—[www.cdc.gov/flu](http://www.cdc.gov/flu)

City of Sioux Falls Health Department  
For more information, call 605-367-8760

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# Home Care Guide for Your Family

Be **AWARE** and **PREPARE**  
for Influenza

## “Get Ready”

# Pandemic Flu



*“Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family and community. Our task is to make sure that when this happens, we will be a Nation prepared.”*

Michael O. Leavitt, Secretary  
U.S. Dept. of Health & Human Services

# Pandemic Flu . . . It's not the flu you're used to

**P**andemic flu is not the seasonal flu. It is much more serious. Most people who get seasonal flu recover within a week or two and may not require medical treatment. Pandemic flu is different because more people who get it might not recover, even with medical treatment. People of every age may be at risk of serious illness or death.

People must understand that during a flu pandemic, communities will largely be on their own to get through the crisis.

## Understanding influenza terms:

**Seasonal (or common) flu** is a viral respiratory illness that can be transmitted person to person. Most people have some immunity and a vaccine is usually available.

**Pandemic Flu** is a viral human flu that spreads rapidly around the world with high rates of illness and death. There is virtually no human immunity. Currently, there is no pandemic flu.

**Avian Flu or "Bird Flu"** is caused by influenza viruses that occur naturally among wild birds. Low pathogenic (disease-producing) avian flu is common in birds and causes few problems. H5N1 is highly pathogenic, deadly to domestic birds, and can be transmitted from birds to humans. There is virtually no human immunity and vaccine availability is very limited.

## Pandemic Flu Planning

This handout will help you to take steps to lessen the impact of a severe pandemic flu on your family. Many of these steps are also good advice to help during any natural disaster.

There likely will not be a medicine available during the early months of a flu pandemic.

### Be AWARE and PREPARE!

## Recognize Pandemic Flu Symptoms

Get the FACTS about the flu:

Fever Aches Chills Tiredness Sudden onset of symptoms

These symptoms can be accompanied by:

- headaches
- sore throat
- dry cough
- runny or stuffy nose

Call your health care professional at the first sign of the flu. Many symptoms can be treated by the health care professional over the telephone.

## How to Protect Yourself from Pandemic Flu

**Practicing good hygiene is the most important thing you can do to help prevent the spread of pandemic flu.** Here are six simple things you can do to keep from getting or spreading the flu:

### 1. Cover your cough and sneeze.

- Cover your mouth and nose with a tissue.
- Put your tissue in the trash can.
- If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

### 2. Wash your hands.

- Wash hands with warm, soapy water for at least 20 seconds OR use a hand sanitizer after:
  - Coughing or sneezing
  - Using the bathroom
  - Caring for a sick person
  - Handling garbage or animal waste

### 3. Avoid touching your eyes, nose, and mouth to prevent germs from entering your body.

### 4. Keep living and work areas clean.

- Clean areas with household detergents or soaps.
- Disinfect surfaces.

### 5. Stay home from work or school if you are sick.

- **Plan who will take care of children if schools are closed.**
- **Know work and school policies** about illness and being absent. Be prepared for extended work and school closures.

### 6. Avoid close contact with sick people.

If you are sick, limit close contact with others.

- **Set an example for others.**
  - Show them how to limit the spread of illness.
- **Practice social distancing.**
  - In a severe pandemic, you may be advised to stay away from others and from public places as much as possible to slow the spreading of illness. Plan to limit the number of trips you take to shop or run errands. Also remember that public transportation and businesses may be limited in operations and time.