



You have the flu... Now what?

A message from your friends at Central Valley Health District

Caring for ill persons and preventing the spread of flu

Caring for sick people at home

- Keep ill person at home until 24 hours after fever is gone (without using fever reducing medicine).
- For children under 5 or for those with the following conditions, check with your doctor. Antivirals may be needed.
 - Lung disease, including asthma
 - Metabolic disease including diabetes
 - Pregnancy
 - Neurological and neuro-muscular, kidney, liver and blood conditions
 - Immunosuppression
- Have ill person drink plenty of clear fluids
- Have ill person get plenty of rest
- Treat symptoms with over the counter medications such as acetaminophen, ibuprofen, and naproxen. Do NOT use aspirin to treat symptoms due to the risk of Reye's syndrome in children and teenagers.
- Seek medical care immediately if a family member has any of the following:
 - Painful or difficult breathing or chest pain
 - Blue or purple lips
 - Difficulty being awakened
 - Confusion
 - Seizures
 - Signs of dehydration (decreased or no urine output, no tears, extreme fussiness, sunken eyes or soft spot on the head of infants.)

Preventing the spread of the flu

- DO NOT GO TO WORK OR SCHOOL WHILE ILL
- Encourage frequent hand washing for all household members - especially after touching the sick person or handling used tissues or laundry.
- Without compromising care and if possible, provide a separate bedroom for the ill person.
- Limit the number of people caring for the ill person
- If you are at high risk of influenza related complications you should not be the designated caretaker if possible.
- Have tissues and hand sanitizer readily accessible to be used by all household members
- Avoid sharing drinking glasses, toothbrushes and keep toothbrushes separate
- If tolerated and available, have the ill person put on a surgical mask before the family member enters the room

For more information

Call Central Valley Health at 252-8130 or in Logan County 754-2270

Websites:

www.centralvalleyhealth.org

www.flu.gov

