

GUIDELINES FOR HOME CARE OF INFLUENZA 1 H1N1 CASES

Centre for Community Health and Disease Control

Follow These Home Care Recommendations

- ❖ Ensure you get plenty of rest.
- ❖ Stay home and avoid contact with family members and other people as much as possible.
- ❖ Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine.
- ❖ Drink plenty of clear fluids, such as water, broth, sports drinks, electrolyte beverages for infants over 6 months, to keep from being dehydrated. Continue breastfeeding children under 6 months.
- ❖ Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- ❖ Have everyone in the household wash hands frequently with soap and water, especially after coughing or sneezing.
- ❖ Avoid touching your eyes, nose and mouth. Germs spread this way.

Take Medications as Prescribed

- ❖ Take all of the antiviral medication as directed.
- ❖ Take Paracetamol/Panadol for symptom relief as needed for fever and pain.
- ❖ Do not give aspirin to children or teenagers 16 years old or younger.
- ❖ Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.

Seek Emergency Care

If your child experiences any of the following:

- ❖ Fast breathing or troubled breathing, grunting or noisy breathing when calm
- ❖ Change in skin colour to bluish or gray skin color
- ❖ Severe dehydration, with sunken eyes and wrinkly skin
- ❖ Unduly sleepy or floppy
- ❖ Strikingly irritable or agitated or having fits
- ❖ Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs include:

- ❖ Difficulty breathing or shortness of breath
- ❖ Pain or pressure in the chest or abdomen
- ❖ Sudden dizziness
- ❖ Confusion
- ❖ Severe or persistent vomiting
- ❖ Flu-like symptoms improve but then return with fever and worse cough