



Pandemic H1N1 Homecare Guidance

Physician directions to patient/parent

www.southwestpublichealth.org

You will probably be sick for several days with fever and respiratory symptoms. Take medications as prescribed:

- Take all of the antiviral medication as directed.
- Continue to cover your cough and wash your hands often, even when taking antiviral medications, to prevent spreading influenza to others.
- Call the office if you (or your child) experience any side effects; i.e. nausea, vomiting, rash, or unusual behavior.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.
- Do not give aspirin (acetylsalicylic acid) or products that contain aspirin (e.g. bismuth subsalicylate – Pepto Bismol) to children or teenagers 18 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 trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention 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

Follow these home care recommendations:

- Stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Wash patient's dishes in dishwasher or with hot soapy water

- ❑ 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 often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- ❑ Avoid touching your eyes, nose and mouth. Germs spread this way.

For more detailed information about novel H1N1 home care, call your county health department, go online to www.southwestpublichealth.org, visit www.cdc.gov/h1n1flu or call 1-800-CDC-INFO.

(Source: National Centers for Disease Control and Prevention)