

HOW TO DISINFECT

Mix together

- ¼ cup bleach
- 1 gallon water

Or mix

- 1 tablespoon bleach
- 1 quart water

Use solution to clean:

- Countertops
- Sinks
- Faucets
- Toilets
- Door knobs
- Telephones
- Light Switches

Make a fresh solution each time you disinfect.

HAND WASHING PROCEDURE

- Step 1** Wet hands with warm running water and apply soap
- Step 2** Rub hands vigorously. Wash between fingers, up wrist, under fingernails and around rings for at least 20 seconds
- Step 3** Rinse hands for at least 10 seconds
- Step 4** Dry hands with paper towel
Use that paper towel to turn off faucet and open restroom door

Restroom faucets and exit doors can spread germs rapidly.

PREVENT SPREAD OF INFECTION

Isolate

- Sick person should be alone in a separate room, if possible
- Same person should tend to the sick person each day

Wear Masks

- While tending to the sick person
- During disinfecting

Change linens frequently

- Change bedding and clothes daily
- Wash in detergent and hot water
- Wash hands after handling laundry

Disinfect surfaces

- Clean surfaces commonly touched: doorknobs, light switches, faucets, and handles

Wash Hands

- Caregiver should wash hands frequently
- Avoid touching his or her face

Separate Items

- Handle and store sick person's items separately (toothbrush, clothes, towels, linen, food)

CALL YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Confusion
- Shaking chills
- Bluish skin
- Convulsions
- Problems with breathing or chest pain
- Pre-existing medical condition worsens



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PANDEMIC FLU HOME CARE GUIDE

- ✓ Things to Have on Hand
- ✓ Flu Symptoms
- ✓ Preventing Infection
- ✓ Disinfecting



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WHAT IS PANDEMIC FLU?

A flu pandemic occurs when a new virus emerges to which people have little or no immunity and there is no effective vaccine. The virus spreads easily from person to person, causes serious illness, and can sweep across the country in a very short time.

THINGS TO HAVE ON HAND

- Thermometer
- Pain Reliever – Tylenol, Advil
- Soap; alcohol-based hand sanitizer
- Bleach
- Paper towels
- Thermometer
- Tissues
- Personal trash can
- N-95 masks
- Disposable gloves
- Canned soup
- Canned broth
- Fluids with electrolytes, e.g. Pediasure
- Sugar
- Baking soda
- Salt and/or salt substitutes

HOW TO PROVIDE IN-HOME CARE FOR PANDEMIC FLU

Almost everyone will care for an individual during a pandemic. Take steps to protect yourself and others from becoming infected. During a pandemic, your local newspaper, radio and TV stations will provide up-to-date information from your local health district and Public Health Authority.

FLU SYMPTOMS

- High Fever
- Chills
- Aching Muscles
- Headache
- Dry Cough
- Sore Throat
- Extreme Tiredness

IF YOU HAVE THE FLU

- Get plenty of rest
- Drink plenty of fluids
- Avoid tea, coffee, alcohol, and tobacco
- Take medications to relieve flu symptoms
 - Antivirals
 - Nasal Drops
 - Expectorants – loosen mucus
- Antibiotics will not cure the flu
- Do not share antibiotics or take what is left of an old prescription

KEEP TRACK OF SYMPTOMS

- Keep track of the date, time, temperature, symptoms, medication and dosage each time you check the sick individual
- Check the individual at least every 4 hours (or more often if symptoms change)

REDUCE FEVER

Fever Levels

<i>Low Grade:</i>	100.4–102.2°F (38–39°C)
<i>Moderate:</i>	102.2–104.0°F (38–39°C)
<i>High Grade:</i>	104.0–107.6°F (40–42°C)

What to do for fever

- Drink plenty of fluids.
- Take fever-reducing medications such as Tylenol or Advil
- Avoid giving aspirin to children under 2 years of age
- Take medications as directed
- Take sponge bath with lukewarm or cool water to relieve discomfort

PREVENT DEHYDRATION

Causes of Dehydration

- Fever
- Sweating
- Vomiting
- Diarrhea

Symptoms

- Increased Thirst
- Sticky Mouth
- No Tears
- Dark Urine

What to do for Dehydration

- Increase intake of fluids; avoid juice if suffering from diarrhea
 - Avoid coffee, tea, and alcohol
 - Mix the following as a substitute for oral rehydration drinks such as Pedialyte
 - 4 8oz. glasses water
 - ½ tsp baking soda
 - ½ tsp salt
 - 3-4 tbsps sugar
 - ¼ tsp salt substitute
- Flavor with lemon or sugar-free drink mix packets