

Use this chart by filling in the boxes each time you take care of a sick person. Share it with a doctor or medical team as needed.

Your healthcare provider

Your local VA

Local and national news

On these Web sites

www.publichealth.va.gov/Flu/pandemicflu.htm
vawww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm
 (VA staff only)
www.pandemicflu.gov



Infection: Don't Pass It On Team

U. S. Department of Veterans Affairs
 VA Central Office (13)
 810 Vermont Ave, NW
 Washington, DC 20420
 (202) 273-8567
www.publichealth.va.gov/flu/pandemicflu.htm
vawww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm
 (VA staff only)
www.pandemicflu.gov



Gen Audience 4

October 2006

This material is not copyrighted and may be reproduced.

Brand names included in this information are provided as examples only. Their inclusion does not mean that these products are endorsed by VA or any other Government agency. Also, if a particular brand name is not mentioned, this does not mean or imply that the product is unsatisfactory.



Home Care Guide for Flu



This information is provided by the U.S. Department of Veterans Affairs (VA) for veterans, their families, friends, volunteers, and employees. It describes symptoms of influenza (flu) and how to care for a sick person at home. It can help you decide when to stay at home or when to seek medical care. A Care Log is included to note the health status of someone sick or ill with flu.

*Describe how the sick person looks, how he or she feels or is doing, fluids or foods taken since the last time you saw or cared for them, etc.

Date	Time	Observations*	Temperature	Medications

Name of healthcare provider

Name of patient

Have the sick person rest and stay in bed if running a fever.

Allow the sick person to judge what bed covers are needed; when fever is high the person may feel very cold and want more blankets.

Use fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin); follow the package label or a doctor/nurse's direction to reduce fever, headache, and muscle, joint, or eye pain.

Give fluids for the sick person to drink as much as he/she can.

Give light foods as the person wants; fluids are more important than food in the first days when the fever may be highest.

Avoid touching your eyes, nose, or mouth. Germs often spread this way.

Do not smoke around a sick person.

Have the sick person gargle; use lozenges or hard candy for a sore throat.

Ask everyone, including the sick person, to clean their hands and cover their coughs and sneezes.

Symptoms of Flu

Fever (usually high)

Headache

Tiredness (can be extreme)

Cough

Sore throat

Runny or stuffy nose

Body aches

Nausea, vomiting, and diarrhea (more in children than adults)



If the person has flu symptoms they should:

Rest

Drink fluids

Stay home

Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)

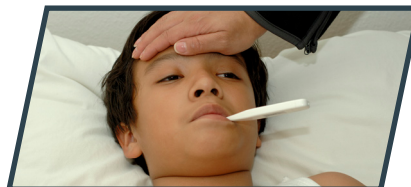
But IF the person:

Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)

Has the fever for more than 3 to 5 days

Feels better, then gets a fever again

CALL a healthcare provider



Or IF the person:

Is short of breath or is wheezing

Coughs up blood

Has pain in the chest when breathing

Has heart disease (like angina or congestive heart failure) and has chest pain

Is unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)

GO RIGHT AWAY for medical care

Helpful Supplies

Thermometer

Fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)

Cough drops or cough syrup

Drinks—fruit juices, soda, tea, sport drinks, or water (avoid caffeine)

Light foods—clear soups, crackers, applesauce

Blankets or warm covers