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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Observations*</th>
<th>Temperature</th>
<th>Medications</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

*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.

Home Care Guide for Flu

This information is provided by the U.S. Department of Veterans Affairs. 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.

Where Can I Learn More?

- Your healthcare provider
- Your local VA
- Local and national news
- On these Web sites
- www.publichealth.va.gov/flu/pandemicflu.htm
- vaww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm (VA staff only)
- www.pandemicflu.gov

Brand names included in this information are provided as examples only. Their inclusion does not mean or imply that the product is unsatisfactory.
Caring for a Person With Flu

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

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.

Symptoms of Flu & When to Seek Medical Care

<table>
<thead>
<tr>
<th>Symptoms of Flu</th>
<th>If the person has flu symptoms they should:</th>
<th>But IF the person:</th>
<th>Or IF the person:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever (usually high)</td>
<td>Rest</td>
<td>Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)</td>
<td>Is short of breath or is wheezing</td>
</tr>
<tr>
<td>Headache</td>
<td>Drink fluids</td>
<td>Has the fever for more than 3 to 5 days</td>
<td>Coughs up blood</td>
</tr>
<tr>
<td>Tiredness (can be extreme)</td>
<td>Stay home</td>
<td>Feels better, then gets a fever again</td>
<td>Has pain in the chest when breathing</td>
</tr>
<tr>
<td>Cough</td>
<td></td>
<td></td>
<td>Has heart disease (like angina or congestive heart failure) and has chest pain</td>
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<tr>
<td>Sore throat</td>
<td>Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)</td>
<td></td>
<td>Is unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td></td>
<td></td>
<td><strong>GO RIGHT AWAY for medical care</strong></td>
</tr>
<tr>
<td>Body aches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nausea, vomiting, and diarrhea</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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)

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