Care Log

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.

Medications				
Temperature				
Observations*				
Time				
Date				

Where Can I Learn More?

- Your healthcare provider
- Local and national news
- On these Web sites
 - ▶ codeready.org
 - ▶ pandemicflu.gov
 - ► ReadyCarver.org
 - ▶ emsmn.org

Prevent the Spread of Pandemic Flu

Disinfect door knobs, switches, handles, toys and other surgaces that are commonly touched around the home or workplace.

Disinfectant:

1 gallon water 1/4 cup bleach Mix up a fresh batch every time you use it.



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 Metro Region EMS. 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.

Name of healthcare provider

Caring for a Person With Flu

- ▶ One person should be the caregiver.
- ► Have the sick person rest and stay home. Avoid contact with others.
- Minimize the number of people providing care to prevent the spread of the virus.
- 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 muscke, joint, or eye pain.
- ► Give plenty of fluids to 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.
- Encourage rest, plenty of fluids, and medications to relieve flu symptoms.
- ► No alcohol or tobacco.
- Have the sick person gargle; use lozenges or hard candy for a sore throat.
- ▶ WASH HANDS OFTEN!

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

Symptoms of Flu & When to Seek Medical Care

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 your healthcare provider



Or IF the person:

- ► Is confused or extremely irritable.
- 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)
- **Call 911**

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, water or Electrolyte Drink
- Avoid Alcohol
- ► Light foods—clear soups, applesauce, crackers
- ► Blankets or warm covers

Electrolyte Drink:

1 quart water
1/2 tsp. baking soda
1/2 tsp. table salt
3 to 4 tbsp. sugar
1/4 tsp. salt substitute
Mix well and flavor with lemon
juice or sugar-free Kool-Aid®.