



Flu Care

H1N1 INFLUENZA PATIENTS AT HOME

Normal Symptoms

H1N1 flu, also known as the “swine flu,” is an infection of the respiratory system. It generally lasts three to seven days and symptoms include (from most to least frequent):

- **Fever**
- **Cough**
- **Body aches**
- **Headache**
- **Sore throat**
- **Chills and fatigue**
- **In some cases, vomiting and diarrhea**



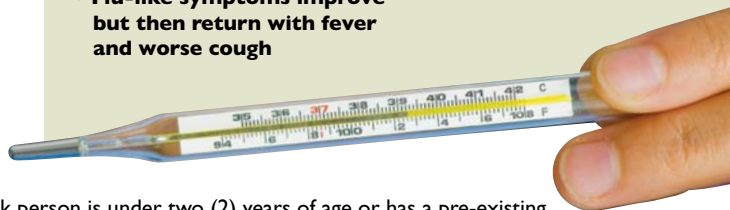
Contact your doctor immediately, call 911, or go to a hospital emergency room if you experience any of the warning signs listed below:

Children Warning Signs

- **Fast breathing or trouble breathing**
- **Bluish or grayish skin color**
- **Not drinking enough liquids**
- **Severe or persistent vomiting**
- **Not waking up or not interacting**
- **Being so irritable that the child doesn't want to be held**
- **Flu-like symptoms improve but then return with fever and worse cough**

Adult Warning Signs

- **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**



Note If the sick person is under two (2) years of age or has a pre-existing medical condition, contact your doctor at the initial signs of illness as treatment may be started.

Caring For Family Members

Write down the times when medications are given, so you don't forget and dose too often or too rarely. Monitor when symptoms change or worsen. You may need to contact your doctor if any of the warning symptoms listed above appear in either adults or children that you are caring for.

A person recovering from the flu will need **plenty of rest and liquids**. Make sure they do not consume alcohol or use tobacco. There are over-the-counter medications that can help relieve the symptoms of the flu. In some cases, a health care professional may prescribe antiviral drugs. Antibiotics will not cure the flu, but are sometimes given to prevent or treat secondary infections.

How to Reduce a Fever and Prevent Dehydration

To help reduce a fever, you can follow these home treatment recommendations:

- **Give plenty of liquids**
- **Give a lukewarm sponge bath**
- **Give fever reducing medication, such as acetaminophen, aspirin or ibuprofen as directed by the manufacturer. Do not give aspirin to children.**
- **Keep a record of their temperature**

Dehydration can occur when the body loses too much water and it is not replaced quickly enough. At the first sign of the flu, make sure you give soothing liquids, such as ice or soup. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes (such as Pedialyte or Gatorade). You can purchase these at your local pharmacy or grocery store. Give the sick person sips once the vomiting subsides, however if the vomiting does not subside to allow for hydration you should seek medical attention.

FOR MORE INFORMATION

Call the Public Health Flu Information Line: 888-722-6358
Continue monitoring this Public Health Website: SBCFluInfo.Org
[Click here for advice on assembling at-home flu care kit](#)