



## Caring for a Person With Flu

- ▶ 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 & 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 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