

TREATING Symptoms of Influenza at Home

While there are plenty of things you can do at home to make yourself and family members more comfortable if you catch the flu, be sure to check with your family physician for specific guidance.

- Get plenty of rest
 - Drink lots of liquids, particularly those that contain electrolytes (such as Gatorade® or Powerade®)
 - Dress in layers to make it easier to stay comfortable if you have a fever
 - Follow CHIRP guidelines (on reverse side) to protect other family members
- Avoid using tobacco and alcohol
 - Treat symptoms of flu with appropriate over-the-counter medicines*:
 - ✓ Acetaminophen or ibuprofen for fever and muscle aches
 - ✓ Decongestant for congestion, cough and nasal discharge
 - If you develop flu symptoms and have an existing serious medical condition, consult your physician

*Never give aspirin to children or teenagers ≤ 18 years old without first speaking to a physician.

Most people with the flu are cared for at home. However, you should seek further medical attention if you have the symptoms below:

- Severe or prolonged (10 days or more) symptoms
- Difficulty breathing; rapid or painful breathing
- Bluish skin
- Dizziness or fainting
- Return of fever or cough after symptoms have improved
- Dehydration (dry mouth or extreme thirst)
- Cough with yellow mucus or saliva
- Confusion
- Severe or persistent vomiting
- Worsening of an existing serious medical condition (e.g., heart or lung disease, diabetes, HIV, cancer)

Center for Emergency Preparedness and Disaster Response



Health Contact Information

Physician Name	Phone Number
Pharmacy	Phone Number
Other	Phone Number

QUESTIONS ABOUT INFLUENZA?
Call Yale New Haven Health Call Center
1 - (888) 461-0106

One Church Street, 5th Floor • New Haven, CT 06510
 Tel (203) 688-3224 • E-Mail center@ynhh.org

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PSST!

PERSONAL INFLUENZA PREPAREDNESS SHOULD NOT BE A SECRET!



The **PSST** tool tells you how to **PROTECT** yourself and your family, recognize the **SIGNS** and **SYMPTOMS** of influenza and **TREAT** symptoms of influenza at home.

www.yalenewhavenhealth.org/emergency/influenza

PROTECT Yourself and Your Family

When thinking about protecting yourself and your family from the flu, even pandemic flu, don't forget to CHIRP:

C **Cover your cough and sneeze** — use tissues, dispose of them properly and then wash your hands.



H **Have healthy hands** — wash your hands often and well.



I **Isolate yourself** - maintain personal space of 3 - 6 feet to minimize exposure to influenza virus from those who may be ill; stay home if you become ill.



R **Reduce germs** in your home and workplace — regularly disinfect common surfaces such as phones, remote controls, door knobs, light switches, toys, etc.



P **Prepare yourself and your family** — create an emergency plan and kit for yourself and your family.



PREPARE Yourself and Your Family

Create a personal and family flu plan and emergency kit.

Be sure to have on hand:

- ✓ Acetaminophen and/or ibuprofen in appropriate dose and formulation to treat fever and muscle aches in family members
- ✓ Hand hygiene products (such as Purell®)
- ✓ Disinfectant (such as Lysol® or diluted bleach)
- ✓ Electrolyte replacement beverages (such as Gatorade® or Powerade®)
- ✓ First aid kit
- ✓ Medicine dropper
- ✓ Prescription medications (1-month supply)
 - Keep a list of prescription medications (name, dose and how often they are taken)
 - Medical supplies such as glucose and blood-pressure monitoring equipment
- ✓ Reliable thermometer
- ✓ Tissues

Note: Consider a supply of paper masks to wear for close contact when caring for someone with flu.

PREPARE Yourself and Your Family

Other items in your emergency kit should include:

- ✓ Water, one gallon per person per day
- ✓ Non-perishable food
 - At least a seven-day supply of food but consider having a month's supply on hand
 - For example: canned meats, fruits, vegetables, soups, protein or fruit bars, dry cereal or granola, peanut butter or nuts, dried fruit, crackers and pet food
- ✓ Manual can opener
- ✓ Infant formula and diapers (if you have an infant)
- ✓ Battery-powered radio and extra batteries
- ✓ Flashlight and extra batteries
- ✓ Analog phone/landline
- ✓ Cash, traveler's checks or change
- ✓ Important family documents
- ✓ Personal hygiene items
- ✓ Moist towelettes for sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Garbage bags and plastic ties for personal sanitation

How can I tell the difference between the flu and a cold?

In general, symptoms such as fever, body aches, fatigue and dry cough are more common with the flu while a runny or stuffy nose is more common with a cold.

SIGNS and SYMPTOMS of Flu

- Fever (102° - 104°) lasting 3 - 4 days
- Headache
- Severe muscle aches
- General weakness, extreme fatigue

ACCOMPANIED BY:

- Dry cough
- Sore throat
- Runny or stuffy nose
- Occasionally, stomach or intestinal symptoms (nausea, vomiting, diarrhea); more common in children than adults