

Protect yourself and others by:

- **Not sharing** computers, pens and papers, clothes, towels, sheets and blankets, food or eating utensils, cups and glasses, and soda or water bottles.
- **Using** disposable dishes, cups and flatware.
- **Washing your hands** after handling dirty dishes or laundry. The sick person's dishes and laundry can be washed with the rest of the household's.
- **Clean commonly touched surfaces** in the home or workplace with a household disinfectant according to directions on the product label.
- **Having only one person serve as the caregiver** (if possible) to limit exposures and reduce spread of disease. People who are more likely to get flu complications (listed earlier in this pamphlet) should not be the designated caregiver if possible.
- **Wearing disposable gloves** when in contact with or cleaning up body fluids.
- **Wearing a surgical (face) or N95 mask** when giving care to the sick person. For more information on masks (and respirators), go to <http://www.cdc.gov/h1n1flu/masks.htm>
- **Not sharing masks** or respirators.
- **Not allowing any visitors.**

Practice hand hygiene

Everyone in the home should frequently wash their hands.

Caregivers should always wash their hands **before** providing care. **After** providing care, wash again and apply alcohol-based hand sanitizer.



Follow these steps for proper hand hygiene:

1. **Wet** hands with warm, running water and apply liquid soap.
2. **Rub** hands vigorously for at least 15 seconds, covering all surfaces and fingers.
3. **Scrub** nails by rubbing them against your palms.
4. **Rinse** your hands with water.
5. **Dry** your hands thoroughly with a paper towel and use the paper towel to turn off the faucet. A shared towel will spread germs.



Care for a loved one with the flu

Get medical attention if your loved one has any of the emergency warning signs listed earlier in this pamphlet.

People with the flu should:

- Check with their healthcare provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Check with their health care provider about whether they should take antiviral medications.
- Rest and drink plenty of liquids.
- Wear a surgical (face) mask – if available and tolerable – if the sick person needs to be in a common area of the house near other persons.
- Consider taking medications to relieve flu symptoms.

Reduce fever and symptoms

- Give plenty of fluids – such as water, broth, sports drinks, electrolyte beverages for infants– (such as Pedialyte™) – to keep from being dehydrated.
- Give fever-reducing medicines, such as acetaminophen (Tylenol™), or ibuprofen (Motrin™) as directed on the container or by your health care provider.
- Aspirin can be given to adults.
- **Do not give aspirin** (acetylsalicylic acid) or products that contain aspirin (such as bismuth subsalicylate-Pepto-Bismol™) **to anyone under age 20:**
 - Children younger than 4 years of age should **NOT** be given over-the-counter cold medications without first speaking with a health care provider.
 - The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

Contact information

CDC home care guidance:

http://www.cdc.gov/h1n1flu/guidance_homecare.htm

DHEC novel H1N1 flu:

<http://www.scdhec.gov/flu/novel-h1n1-flu.htm>



Novel H1N1 Flu (Swine Flu):

Caring for Someone at Home



CR-009484 01/15/2010

The guidelines found in this brochure are current as of the date of publication. Novel H1N1 flu guidance and recommendations may be subject to change.

This document covers **basic information** on caring for someone at home with novel H1N1 flu.

Further guidance can be found at <http://www.cdc.gov/h1n1flu> and <http://www.scdhec.gov/flu/novel-h1n1-flu.htm>

Anyone with **flu-like symptoms** should **contact a healthcare provider** for additional guidance.

What is novel H1N1 flu (swine flu)?

Novel H1N1 flu is a new flu virus that causes illness in people. This virus is contagious and spreads from person-to-person, in the same way that regular seasonal flu viruses spread, through coughing or sneezing by someone with the flu. A person may also become infected by touching something – such as a surface or object – with the flu virus on it and then touching their mouth or nose.

Recognize the symptoms

Watch for these common symptoms:

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Fatigue
- Sometimes diarrhea and vomiting

**Not everyone with flu will have a fever*

What to do if someone gets sick?

If you get sick with flu symptoms, you should **stay home** and **avoid contact** with other people—except to get medical care. Most people with novel H1N1 flu have had mild cases and do not need medical care or medications (antiviral medications) to fight the flu. The same is true for seasonal flu. If you develop the flu and need medical help, you should call your doctor.

Any child **3 months and younger** who has a fever should see a pediatrician right away.

In a child **older than 3 months**, call the pediatrician for advice.



Some people are more likely to get flu complications, and they should talk to a healthcare provider about whether they need to be examined if they get flu symptoms this season.

People who are more likely to get flu complications

- Children younger than 5, but **especially** children younger than 2 years old
- People 65 and older
- Pregnant women
- **People who have:**
 - Asthma
 - Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
 - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Blood disorders (such as sickle cell disease)
 - Endocrine disorders (such as diabetes mellitus)
 - Kidney disorders
 - Liver disorders
 - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
 - Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
 - People younger than 19 years of age who are receiving long-term aspirin therapy

Also, it is possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a healthcare provider.

There are emergency warning signs. Anyone who has them should get medical care right away.

Emergency warning signs

In infants:

- Fast breathing or trouble breathing
- New or worsening seizures
- Bluish skin color

In children:

- Fast breathing or trouble breathing
- New or worsening seizures
- Bluish skin color
- Not drinking enough fluids
- Not urinating as much as usual
- Not waking up or not interacting
- Being so irritable that they don't want to be held
- Being irritable even after their fever goes down
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- 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

Are there medicines to treat novel H1N1 flu?

Yes. There are drugs called “antiviral drugs” your doctor **may** prescribe for treating both seasonal and novel H1N1 flu. These drugs can make you better faster and may prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized. They are also being used to treat sick people who are more likely to get serious flu complications. Your healthcare provider will decide whether antiviral drugs are needed to treat your illness.



Prevent the spread of flu

Healthy habits will help keep you and others from getting and spreading the novel H1N1 flu virus.

- **Wash** your hands often with soap and water or use an alcohol-based hand sanitizer.
- **Cover** your mouth and nose with a tissue when you cough or sneeze and wash your hands afterward. Put used tissues in a wastebasket.
- **Cough or sneeze into your upper sleeve** if you don't have a tissue.
- **Keep your hands away** from your eyes, nose and mouth to prevent germs from entering your body.

Any person with signs of the flu should:

- **Stay home** from work, school, and stores and avoid contact with others for at least 24 hours after your fever is gone except to get medical care or for other things you have to do that no one else can do for you. (Your fever should be gone without the use of any fever-reducing medicines, such as Tylenol™ and Advil™).
- **Wear** a surgical (face) mask – if available and tolerable – when around others.

When a household member is sick

Ask your healthcare provider if household contacts of the sick person—particularly those contacts who may be pregnant or have chronic health conditions—should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent the flu.

If you are in a high risk group for complications from flu – as listed earlier in this pamphlet, – you should attempt to avoid close contact (within 6 feet) with household members who are sick with flu. If close contact with a sick individual is unavoidable, consider wearing a surgical (face) mask, if available and tolerable. Infants should not be cared for by sick family members.

The flu is spread when respiratory droplets (fluids and mucus) from the mouth and nose of an infected person are spread to others.