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FLU KIT

What every household should have before flu season:

- Disposable tissues
- Liquid soap
- Paper towels
- Alcohol-gel hand cleaner with at least 60% alcohol
- Thermometer
- Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin)
- Fluids for replacement (juices, teas, soda, soup, Jello, see recipe below)
- Cleaner/disinfectant for surfaces (see recipe below)
- Masks – regular one for the sick person and caregiver
- Phone numbers to keep handy:

Physician _____

Pharmacy _____

Someone to care for children _____ # _____

9-1-1

Remember to get your regular prescriptions filled at least five days before they run out. You may not be able to get to the pharmacy.

Have a plan ready for care of your children if school is closed and you need to go to work.

Have a plan ready for the inevitability of either your spouse or children becoming sick so you can go to work.

OVER

Recipes to Help Keep You Well

Disinfectant for surfaces: 1 part bleach to 64 parts water (¼ cup bleach to 1 gallon water)

Electrolyte replacement recipe:

- 2 quarts water
- 1 teaspoon baking soda
- 1 teaspoon salt
- 7 tablespoons sugar

May add 1 packet sugar-free Kool-Aid for taste. Store in refrigerator Make homemade popsicles or ice cubes for variety.

How to wash your hands with soap and water:

- Wet your hands with running water (as hot as you can comfortably stand; around 100 degrees Fahrenheit or 38 degrees Celsius).
- Vigorously rub hands together, making friction with all surfaces of your hands including fingernails, wrists and between fingers.
- Keep rubbing and cleaning for at least 15 seconds – you can sing the ABC song or “Twinkle Twinkle Little Star” because it takes about the same amount of time.
- Rinse thoroughly with the same running hot water.
- Dry your hands with single-use paper towel.
- Use the paper towel to shut off the water and to open the door as you exit the bathroom.

How to wash your hands with at least 60% alcohol sanitizer:

- Apply nickel-sized amount of hand sanitizer to palm of hand
- Vigorously rub hands together making friction with all surfaces of your hands including fingernails, wrists and between fingers.
- Keep rubbing and cleaning for at least 15 seconds – you can sing the ABC song or “Twinkle Twinkle Little Star” because it takes about the same amount of time.
- It is important to keep rubbing until hands are dry – do not rinse or dry off the sanitizer.

Ideas for keeping a sick person hydrated:

- Popsicles and Slurpees
- Chewing on a wet washcloth
- Sucking on ice cubes
- Juice, Kool-Aid, Sprite, flat Cola, ginger ale
- Pedialyte
- Jello
- Applesauce
- 1 teaspoon of fluid every 5 minutes
- Diluted broth – chicken, beef or vegetable

Signs of dehydration:

- No saliva
- No tears when crying
- Loose and sagging skin
- “Tenting” – pinch top of arm or hand and see if skin “tents” or stays there
- Decreased or no urination; no wet diaper for 12 hours or no urine output for 12 hours