Stay at Home Toolkit

for Influenza

www.swuhealth.org
We have prepared this “Stay-At-Home Influenza Kit” as a resource for you and your family to use in the event that the flu becomes an unwelcome guest in your home. Each year, roughly 15% of the population in our area becomes ill with Influenza A (the flu). Having the flu is an unpleasant experience you will not forget or want to repeat. Due to the fact that the flu changes every year, just enough to evade the body’s natural defenses, we should all have resources available in our homes to help us prevent, and deal with being sick with the flu. Additionally, the normal seasonal flu remains a significant cause of infectious disease death in America, killing approximately 36,000 people a year. This is why we recommend that everyone get a seasonal flu vaccination each year.

Periodically, new strains of the flu begin to circulate that are entirely different than any previously experienced by those alive in the population. If these strains circulate widely they are called influenza pandemics. We are currently experiencing such a pandemic due to a new viral influenza strain H1N1. The health department and others will continue to do the best we can to limit the impact of influenza on the community, but we know that ultimately it will be the efforts of each of us, individually, that will make the difference. If we are personally prepared for emergencies we will feel confident that we will be able to weather the storm safely.

There is much each of us can do to avoid or be ready for the flu. This is the challenge that I would like to extend to you; please do all that you can to prepare yourself personally for the unexpected in life, and when the unexpected does happen, as in an influenza infection, we hope this guide will be useful to you. It may make all the difference.

So, wash your hands, use good disease prevention techniques, and help those you love through the difficult time of being sick with influenza. I wish you the best of health.

Sincerely,

David Blodgett MD, MPH
Director/Health Officer
# Stay at Home Toolkit

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**Updated August 2009**

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Preventing the Spread of Influenza

*Basic Information on what household members can do to prevent the spread of flu.*
Preventing the Spread of Influenza

Preventing the Spread of Influenza (Flu)
Most persons with the flu will be able to remain at home while they are sick. They can care for themselves or be cared for by others who live in the household. This information is intended to help recognize the symptoms of influenza and care for sick persons in the home, both during a typical flu season and during an flu pandemic.

At the outset of an flu pandemic, a vaccine will not be available for several months. However, it’s still a good idea to get seasonal flu vaccine (a shot or nasal mist) to protect from seasonal flu viruses. For more information on seasonal flu vaccine in Southwest Utah please call 435-673-5328 or go to swuhealth.org.

Know the symptoms of Influenza, which may include:
- Sudden onset of illness
- Chills
- Headache
- Stuffy nose
- Feeling of weakness
- Fever higher than 100.4 degree Fahrenheit
- Cough
- Sore throat
- Muscle aches
- Diarrhea, vomiting, abdominal pain and/or exhaustion occur more commonly in children

Prevent the Spread of Illness in the Home
Flu can spread easily from person to person therefore, anyone living in or visiting a home where someone has influenza can become infected. For this reason, it is important to take steps to prevent the spread of flu to others in the home.

What Caregivers Can Do
Caregivers need to separate flu patients from other people as much as possible. When practical, the sick person should stay in a separate room away from other persons. Other people living in the home should limit contact with the sick person as much as possible. One person in the household should be the main caregiver for the sick person. Ideally, this caregiver should be healthy and not have medical conditions that would put him or her at risk of severe influenza disease.

Medical conditions as much as considered “high risk” include the following:
- Pregnancy
- Heart problems
- Disease or treatment that suppresses the immune system
- Chronic lung diseases
- Diabetes
- Kidney Disease
- Age over 65

(continued)
Preventing the Spread of Influenza

Watch for Influenza Symptoms in other Household Members
If possible, contact your health care provider if you have questions about caring for the sick person. However, it may be difficult to contact your usual health care provider during an influenza pandemic. The Southwest Utah Public Health website swuhealth.org will provide frequent updates, including how to get medical advice. If special telephone hotlines are used, these numbers will also be on the website and announced through the media.

Wearing surgical masks (with ties) or procedure masks (with ear loops) may be useful in decreasing spread of influenza when worn by the person and/or caregiver during close contact (within 3 feet). If masks are recommended by Southwest Utah Public Health to be useful they must be worn at all times when in close contact with the person with the flu. Throw away masks after each use. Wearing gloves and gowns are not recommended for household members providing care in the home.

What everyone in the Household can do:

- Wash hands with soap and water, or if soap and water is not available, use an alcohol-based cleanser/hand sanitizer (like Purell® or a store-brand) after each contact with a person with the flu or with objects in the area where the person is located. **WASHING YOUR HANDS IS THE SINGLE BEST PREVENTIVE MEASURE FOR EVERYONE IN THE HOME.**

- Do not touch your eyes, nose or mouth without first washing your hands for 20 seconds (sing Happy Birthday twice). Wash hands before and after using the bathroom.

- Wash dirty dishes either in a dishwasher or by hand with warm water and soap. It’s not necessary to separate eating utensils used by a person with influenza.

- Laundry can be washed in a standard washing machine with warm or cold water and detergent. It is not necessary to separate soiled linen and laundry used by a person with influenza from other household laundry. Do not hold or carry the laundry close to your body or face, in order to avoid contamination. Wash hands with soap and water after handling soiled laundry.

- Place tissues used by the sick person in a bag and throw it away with other household trash. Consider placing a bag at the bedside for this purpose.

- Clean counters, surfaces and other areas in the home regularly using everyday cleaning products.

(continued)
Preventing the Spread of Influenza

Prevent the Spread of Illness in the Community
Stay at home if you are sick. Sick persons should not leave the home until they have recovered because they can spread the infection to others.

In a typical flu season, people with the flu should avoid contact with others for about 5 days after exposure to the illness. During an influenza pandemic, public health authorities will provide information on how long persons with the flu should remain at home.

You and your loved ones may want to use the Internet as a primary resource. The Internet can serve as a link to outside resources such as: up-to-date information on influenza, medical and social services, and access to food delivery services. The Internet will help reduce the spread of influenza, by allowing sick persons to stay at home.

If the sick person must leave home (such as for medical care), he or she should wear a surgical or procedure mask, if recommended, and do the following:

- Cover mouth and nose when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.
- Use tissues to contain mucous and watery discharge from the mouth and nose.
- Dispose of tissues in the nearest waste basket after use or carry a small plastic bag (like a zip-lock bag) for used tissues.
- Wash hands with soap and water or use an alcohol-based hand cleanser after covering your mouth for a cough or sneeze, after wiping or blowing your nose and after handling contaminated objects and materials, including tissues.
- During an influenza pandemic, only people who are there to care for or support should enter a home where someone is sick with pandemic influenza unless they have already had influenza.
- If other persons must enter the home, they should avoid close contact with the person and use the infection control precautions recommended on this sheet.

Sources: This guidance is based on current information from the Montgomery County, MD Department of Health and Human Services Pandemic Influenza Plan and is subject to change. This document was adapted and reprinted with permission of Public Health - Seattle & King County, WA.
Cover Your Cough

Techniques everyone can use to limit the spread of infection when you cough or sneeze.
Cover your Cough

Stop the spread of germs that make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.
Prevention

Maintain a Healthy Mind and Body

*Important information on how to keep yourself and others mentally and physically healthy during influenza.*
Maintain a Healthy Mind and Body

Things to remember when trying to understand an influenza outbreak or pandemic:

- It is normal to worry about yourself and your family’s safety.
- Everyone is touched by an influenza outbreak or pandemic.
- Grief and anger are normal reactions.
- Focusing on your strengths will help you heal.
- Everyone has different needs and different ways of coping.

Common reactions that may occur during an influenza outbreak or pandemic could be:

- Difficulty talking, sleeping, walking, and concentrating
- Increased irritability
- Depression, sadness, mood swings, and crying easily
- Feelings of helplessness
- Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time
- Concerns about those who depend on you for care
- Fears of separation from life activities
- Feeling a lack of control, especially when control is entirely in the hands of others
- Increased boredom

How to keep healthy when staying at home:

- Learn as much as you can about influenza, and be aware of normal reactions during a flu outbreak or pandemic.
- Keep to your usual routine, as much as possible.
Prevention

Maintain a Healthy Mind and Body

- Have activities on-hand that can prevent boredom (games, toys, etc.) and keep your mind active.

- Contact a mental health professional or call a mental health provider before, during, and after an influenza outbreak or pandemic, if self help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.

- Keep your living space as comfortable as possible.

- Get plenty of sleep, try to exercise, eat healthy, and relax.

- Establish a family emergency plan that includes where to meet if you become separated, and important phone numbers.

Pay Special Attention to Children

- Let children know it is okay to feel upset when something scary happens.

- Encourage children to express feelings and thoughts, without making judgment.

- Enjoy your child and take part in activities together.

- Turn off the TV and radio, especially if the news makes you worried. If you are worried your child can sense it.

Sources:
How to Use a Thermometer

Steps on using an oral digital thermometer that everyone should know.
How to Use a Thermometer

Use a digital thermometer, with numbers, not the old kind of thermometer with mercury (a silver or red line). Old thermometers that contain mercury are a danger to the environment and to human health and should be disposed of properly. Please bring mercury thermometers to Southwest Utah Public Health Department’s Environmental Services (see our website for office locations www.swuhealth.org).

Oral Use (basic digital thermometer only)
- Place the end of the thermometer well under the tongue. The mouth should remain closed. Do not bite the thermometer.
- When you hear “beep” sounds remove the thermometer from the mouth.
- Read the numbers on the screen. Normal temperature is 98.6 degrees.

Underarm Use
- Place the end of the thermometer in the armpit so that the probe touches the skin. Hold the arm next to the body.
- When you hear “beep” sounds take out thermometer.
- Read the numbers on the screen. Normal temperature is 98.6 degrees.

Note: Rectal use is recommended for babies and young children. Instructions for this method are in the thermometer package. There are times when you may have to take an adult’s temperature rectally.

How to clean the thermometer
- Use alcohol wipes or a cotton ball (saturated with 70% Isopropyl Alcohol or Rubbing Alcohol).
- Rub the alcohol wipe over the entire thermometer.
- Dry the thermometer with a clean dry cloth or cotton ball.
- NEVER return an unclean thermometer to the storage case.

Note: If taking many temperatures use a plastic cover for the end of the thermometer. DO NOT reuse thermometer covers.
Formula for Disinfection

It is important to clean surfaces such as counters, toilets and sinks, railings, telephones, computer keyboards and mouse, remote controls, and other common surface areas in your house.

<table>
<thead>
<tr>
<th>Disinfectant</th>
<th>Recommended Use</th>
<th>Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household bleach may be used in a 1 to 64 ratio with water. For example, to make approximately 1 gallon of disinfectant: mix 1/4 cup bleach with 15 and 3/4 cups water.</td>
<td>Disinfection of material contaminated with blood and body fluids.</td>
<td>Should be used in well-ventilated areas. Gloves and protective clothing required while handling and using undiluted bleach. DO NOT mix with strong acids or ammonium based products to avoid release of noxious fumes. Corrosive to metals.</td>
</tr>
<tr>
<td>To protect the disinfectant properties of bleach, store it in an opaque container, avoid exposure to sunlight. <strong>Remix daily for maximum effectiveness.</strong></td>
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<tr>
<td>Clorox® surface spray is a good pre-mixed alternative. Surface disinfecting wipes are also a suitable substitute.</td>
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<tr>
<td><strong>Alcohol:</strong> E.G. Isopropyl (rubbing alcohol) 70% or ethyl alcohol 60%. Purell® or a similar waterless antibacterial hand hygiene cleaner may be used for hand hygiene purposes.</td>
<td>Smooth metal surfaces, tabletops, and other surfaces on which bleach cannot be used.</td>
<td>Flammable and toxic. To be used in well-ventilated areas. Avoid inhalation. Keep away from heat sources, electrical equipment, flames and hot surfaces.</td>
</tr>
</tbody>
</table>
Influenza Stay at Home Toolkits

*A list of suggested items that should be in an emergency toolkit.*
Influenza Stay At Home Toolkits

List of recommended items for people to include in their emergency kits at home:

- **Thermometer (digital preferred)**—information on taking your temperature and cleaning a thermometer is included in this kit.

- **Alcohol wipes or cotton balls that are saturated with 70% Isopropyl Alcohol or Rubbing Alcohol** (to clean the thermometer)

- **Fever Reducing Medication (Motrin®, Advil™, or Tylenol™)**—take as directed by a physician.

- **Juices & liquids**—hydration is important!

- **Bleach**—formula for disinfection is included in this kit

- **Plastic/Paper utensils, plates, cups, and napkins**—to avoid the need to wash dishes used by person(s) with influenza.

- **Tissues**—in order to contain respiratory secretions. Dispose in nearest waste basket after use.

- **Soap and water**—for hand washing

- **Hand Sanitizer (like Purell®)**—to be used if hand washing facilities are not available.

- **Trash bags**—to dispose of waste products (e.g., tissues, plastic and paper products).

- **Surgical (with ties) or Procedure Mask (with ear loops), one for each person in the household**—use only if instructed to do so by [Insert Agency/Department Name Here] (who will be notified by the Centers for Disease Control and Prevention).

- **List of Internet resources for possible delivery of goods and services to your home (e.g., groceries, medical products)**
Caregiving

Care for Families, Friends, Neighbors and Pets
How to Care for Someone with Influenza

*Tips and suggestions on methods to care for someone who has the flu.*
How to Care for Someone with Influenza

During a severe influenza outbreak or pandemic, when people are infected worldwide, the media and healthcare providers will tell residents of Southwest Utah how to obtain medical advice and care. The following information is a general guide and is not intended to take the place of medical advice from a healthcare provider.

Monitoring and Comforting

Keep a care log. Date, Time, What Observed. Record the following information about the sick person at least once each day or more often as symptoms change, include the date and time. Please see enclosed care log (Caregiving Sheet #2).

- Check the person’s temperature using a digital thermometer
- Check the person’s skin for color (pink, pale or bluish) and rash
- Record the approximate quantity of liquids consumed each day and through that night
- Record how many times the sick person goes to the bathroom each day and the color of the urine (clear to light yellow, dark yellow, brown or red)
- Record all medications, dosages and times given

Keep tissues and a trash bag for their disposal within reach of sick person.

Remember that fever is a sign that the body is fighting the infection. It will go away as the person is getting better. Sponging with lukewarm (wrist-temperature) water may lower the person’s temperature, but only during the period of sponging. Do not sponge with alcohol.

Watch for complications of influenza. Complications are common in individuals with health conditions such as diabetes, heart disease and lung problems, but may occur with anyone who has the flu. If the sick person develops any of the following complications, seek medical attention immediately.

- Difficulty breathing, fast breathing, or bluish color to the skin or lips
- Coughing up blood
- Signs of dehydration (not drinking enough liquids) and cannot take enough liquids
- Difficulty responding or communicating appropriately or appears confused
- Convulsions (seizures)
- Gets worse after appearing to improve
- Is an infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day or other signs of illness

(continued)
How to Care for Someone with Influenza

Medications
Use ibuprofen (Advil™ or Motrin®) or acetaminophen (Tylenol™) or other measures, as recommended by your healthcare provider, for fever, sore throat and general discomfort. **Do not use aspirin in children or teenagers** because it can cause Reye’s syndrome, a life-threatening illness.

Liquids and Nutrition
If the person is not vomiting, offer small amounts of liquids frequently to prevent dehydration, even if he or she does not feel thirsty. If the sick person is not eating solid foods, include liquids that contain sugars and salts, such as broth or soups, sports drinks like Gatorade® (diluted half and half with water), Pedialyte® or Lytren® (undiluted), ginger ale, cola, and other sodas, but not diet drinks or drinks with high amounts of caffeine. Regular urination is a good sign of hydration. Recipe for electrolyte replacement: 2 quarts water, 1 teaspoon baking soda, 1 teaspoon salt, 7 tablespoons sugar or sugar substitute (if diabetic).

Recommended minimum daily liquid intake, if not eating solid food:
Young children-1 ½ oz. per pound of body weight per day (multiply 1.5 times the weight of the child). Examples:
- A 10 lb. child needs approximately 15 oz. fluid per day
- A 20 lb. child needs approximately 30 oz. fluid per day

Older children and adults-1 ½ to 2 ½ quarts per day (3-5 8 oz. cups or 2-3 12 oz. cans or bottles)

If the person is vomiting, do not give any liquid or food by mouth for at least 1 hour. Let the stomach rest. Next, offer a clear liquid, such as water, weak tea, ginger ale, or broth in very small amounts. Start with 1 teaspoon to 1 tablespoon of clear liquid every 10 minutes. If the person vomits, let the stomach rest again for an hour. Again, try to give small frequent amounts of clear liquid. When there is no vomiting, gradually increase the amount of liquid offered and use liquids that contain sugars and salts. After 6-8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as saltine crackers, dry toast, soup, mashed potatoes or rice. Gradually, return to a regular diet.

Babies who are breast-fed and vomiting can continue to nurse. Let your baby nurse more often by breastfeeding for 4-5 minutes every 30-45 minutes or by offering small amounts (1/2 ounce or less at a time) of Pedialyte® or Lytren® or homemade solution above on its’ own every 10 minutes in a bottle.
Caregiving

How to Care for Someone with Influenza

Tell the person to avoid drinking alcohol and using tobacco. **Do not allow smoking in the house.**

Watch for the Following Signs of Dehydration or Not Drinking Enough Liquids:

- Weakness or unresponsiveness
- Decreased saliva/dry mouth and tongue
- Sunken eyes
- Skin tenting or turgor: check this by picking up layers of skin between your thumb and forefinger and gently pinching for 1 second. Normally, the skin will flatten out into its usual shape right away. If the person is dehydrated, the skin will “tent” or take 2 more seconds to flatten out. This is best checked on the belly skin of a child and on the upper chest of an adult.
- Infants: dehydration symptoms would be fewer than 3 wet diapers in the last 24 hours.
- Decreased output of urine, which becomes dark yellow in color from dehydration. Sick persons who are getting enough liquids should urinate at least every 8-12 hours.
- If the sick person is dehydrated, give sips or spoonfuls of liquids frequently over a 4-hour period. Watch for an increase in urination, a lighter color of urine and improvement in the person’s overall condition.

Dehydration in infants and the elderly can be dangerous, seek medical attention immediately if symptoms continue to worsen.

Maintain a Healthy State of Mind

- Keep the sick person as comfortable as possible. **Rest is important.**
- Tell your family why people might be asked to stay at home.
- Tell your family that normal reactions to a stressful event are feelings such as: nervousness, grief, anger, sleeplessness, and sadness.
- Contact a mental health professional or call a mental health provider before, during, and after an influenza outbreak or pandemic, if self help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.

For children:

- Let the child know that it is okay to feel upset when something bad or scary happens.
- Encourage the child to express feelings or thoughts, without making judgments.
- **Return to daily routines, as much as possible.**

Sources: This document was adapted and reprinted with permission of Public Health – Seattle & King County, WA. Information obtained from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.
Personal Care Log

A table for tracking a person’s health during the flu.
Influenza Care Log

(Copy, fill out and bring log sheets to health care provider visits)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Observations*</th>
<th>Temperature</th>
<th>Medications</th>
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*Any symptoms such as coughing, confusion, how the person looks; what the person is doing; liquids or foods taken since last observation.
Personal Care Log

Influenza Care Log

(Copy, fill out and bring log sheets to health care provider visits)

<table>
<thead>
<tr>
<th>Name_______________________</th>
<th>Name of health care provider_________________</th>
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<td>Date</td>
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*Any symptoms such as coughing, confusion, how the person looks; what the person is doing; liquids or foods taken since last observation.
Disaster Preparedness Animal Supplies Checklist

* A resource for information on taking care of a pet during an emergency.
DISASTER PREPAREDNESS ANIMAL SUPPLIES CHECKLIST

PREPARE YOUR DISASTER KIT TODAY!

**FOOD**
- Keep at least one week’s supply stored in airtight containers
- Rotate food every three months
- Include a can opener, spoon and an extra bowl

**WATER**
- Keep at least two weeks’ supply stored in airtight containers
- Rotate water every two months
- Include an extra bowl

**IDENTIFICATION**
- Animals should always wear a collar and tag
- Identify your animal permanently with a microchip
- Keep current photos of your animals
- Include yourself in some photos as proof of ownership

**FIRST AID/MEDICATION**
- Prepare or buy a basic animal first aid kit and book
- Include at least one week’s supply of any long-term medications
- Create a collar tag indicating medical needs

**CLEANING SUPPLIES**
- Prepare a small container of dish soap and disinfectant
- Include several rolls of paper towels and plastic bags

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**E • A • R • S**

EMERGENCY ANIMAL RESCUE SERVICE

NO ANIMAL LEFT BEHIND!
### DISASTER PREPAREDNESS ANIMAL SUPPLIES CHECKLIST

**SPECIES-SPECIFIC NEEDS**

**BIRDS, REPTILES & RABBITS**
- At least one week’s supply of cage liners
- A long-handled net, heavy towel and blanket
- A flashlight and extra batteries
- Extra water bottles or bowls
- An evacuation cage or carrier

**DOGS**
- Pooper scooper and/or small plastic bags
- Collapsible crate or kennel
- Harness, leash and cable/screw stake

**CATS**
- Extra litter box and scooper
- One week’s supply of litter
- Small plastic airline kennel
- Harness and leash

**HORSES, SWINE & CATTLE**
- Halter and lead rope for each animal
- Extra feeding bucket, water trough, salt lick and tie-out rope
- Clean garbage cans for large quantities of water
- Two weeks’ supply of bedding materials
- Fence panels to create smaller enclosures
- Manure fork

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Comfort Care At Home

9/22/09

Adapted from UHA/UDOH

In an outbreak some patients may need to be cared for at home because hospital resources will be limited. Instead of a cure, this section will focus on how to care for and comfort your loved one at home.

Easing your loved one’s symptoms:

For fever and pain give acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) in the dose instructed on the back of the box or bottle. (Do not give aspirin to a child or teenager). You can also temporarily ease a fever by sponging your loved one with tepid water (just warm enough to keep him from shivering).

If your loved one is vomiting (throwing up) don’t give anything to eat or drink for about an hour afterward. After an hour, give small amounts of clear liquids (a few sips of soup, juice, weak tea, water, soda, etc.) every 10 minutes. If your loved one vomits, let the stomach rest again for an hour. If your loved one is able to go for 6 hours on a liquid diet without vomiting, gradually increase the amount of liquid you give and add easy to digest foods like saltine crackers, dry toast, applesauce, bananas, white rice, or mashed potatoes. Note: if your sick child is breastfeeding, continue to nurse and also give small (about ½ ounce) amounts of Pedialyte every 15 minutes by bottle or cup.

If your loved one isn’t hungry or thirsty, don’t force it. Forcing food or drink may cause more distress than comfort. Instead, offer small, frequent snacks of favorite foods. Try cool, soft foods such as puddings or applesauce. If your loved one is thirsty, offer popsicles or fluids that contain sugar or salt such as ginger ale or sports drinks.

If your loved one is dehydrated, you’ll notice a decrease in urine (pee) output. The urine may have a darker color and strong smell. The eyes, skin and mouth may look dry. To make your loved one more comfortable, continue to offer liquids. Wipe his mouth with a wet washcloth. Put lip balm on his lips and rub lotion on his body. Offer small sips of fluid.
More ways to comfort & care for your loved one:

Besides treating symptoms, you can help your loved one in these ways:

- **Make going to the bathroom easy.** Remind your loved one to use the bathroom and help her get there (or use a bedpan or commode). Another good option is to use adult diapers. Above all, be sensitive to your loved one’s feelings. Some people try to limit liquids so they won’t need to use the bathroom, but this is not healthy.

- **Keep your loved one comfortable in bed.** Change sheets as often as needed and try to keep them wrinkle-free. If your loved one isn’t moving much, help reposition her about every two hours.

- **Talk with your loved one.** Reassure your loved one that you’ll stay nearby. Listen. Let him make choices whenever possible.

- **Touch your loved one.** Rub his back, arms, legs or feet. If your loved one is unable to move, help him change position from time to time.

- **Help your loved one relax.** Deep breathing and relaxation exercises may help him feel better. Do these exercises together, helping him to find a calmer state. Try filling the room with soft music or with an aroma. Lavender is often soothing.

Help your loved one stay clean. She’ll feel more comfortable if her body is clean. Her face, armpits and groin should be cleaned every day with a warm washcloth. (let her clean herself if she can). Twice a week, your loved one should have a bath or shower. A bath bench or shower chair can help. If your loved one is too weak for a bath or shower, give her a bed bath. Here’s how:

- Using a warm cloth, gently wash your loved one’s skin with warm water and soap. (Set a large bowl with warm water next to the bed so you can keep the washcloth warm, wet and clean). Use soft pressure, don’t rub too hard. Arrange for privacy.

- Beginning with your loved one’s face, wash one area of her body at a time so that you finish with her feet. Don’t forget to wash her back. As you wash each area of the body, leave the rest of her body covered with a blanket so she won’t get chilled. Before moving to a new area, pat the skin dry with a clean towel.

- When you’ve finished the bath, rub lotion or powder on the skin.
Is death near?

If your loved one is approaching the end of his life, you must focus on giving him things that bring him comfort, and on letting go of any treatments that upset or stress him. Now is the time to simply be together and give love and comfort. Your family may want to have a spiritual or religious ritual such as prayer, singing, or a blessing. Here is what you may notice as your loved one nears death - and how you may respond:

Your loved one no longer wants to eat or drink. As the body slows down, he doesn’t feel hunger or thirst, and won’t suffer from the lack of food or liquids. So don’t force meals or drinks. Simply keep his mouth and lips moist with wet washcloths and lip balm.

Your loved one urinates very little or not at all and the urine is very concentrated (dark and strong smelling).

Your loved one becomes increasingly sleepy and withdrawn. She may not respond to you, and may become confused. As this happens, continue to reach out gently. Talk to your loved one and reassure her that you are there. Allow her to experience her own reality and keep instructions simple. If you need to, remind her who you are. Explain what you are doing and why you are doing it.

Your loved one’s body begins to cool and the skin changes. The skin may become splotchy or very pale grey and dusky purple. The skin cools and color changes may begin in the hands and feet and gradually extend to the arms and legs. These changes are not uncomfortable to him.

Breathing may become noisy. You may hear gurgling sounds. This is difficult to hear, but it may help to know that this breathing is not painful. You may turn your loved one’s head to the side to allow any secretions to drain out. Suctioning won’t help at this point.

As death draws near, your loved one’s breathing rhythm will change. He may breathe slower or more shallowly. His breaths may become irregular and there may be long pauses between breaths. This phase of dying may go on for minutes or hours before your loved one stops breathing completely.

When you think death has occurred, contact your funeral home and inform your doctor as soon as possible. Please do not call 911.

While you wait for the funeral home, open the window in your loved one’s room, make sure heat vents are closed and keep the door to this room closed.

Wear gloves and a mask, keep your loved one dressed in the same clothes she died in, wrap your loved one in the sheet that is on the bed.

After the funeral home has taken your loved one’s body, clean the room where she died following these precautions:
Caregiving

Guidance for Employees Returning Back to Work After Influenza Illness

Suggestions for someone recently recovered from the flu and who is able to return to work.
Caregiving

Guidance for Employees on Returning to Work after Influenza Illness

Overview of Influenza (Flu) Virus Symptoms

Flu viruses are spread from person to person primarily through respiratory droplet transmission (for example when an infected person coughs or sneezes in close proximity, normally 3 feet or less, to an uninfected person). The virus may also be spread through contact with infectious or contagious respiratory secretions on the hands of an infected person or by touching objects or surfaces contaminated with the virus.

The typical incubation period, the time between when a person is first exposed to an infectious disease to when signs and symptoms develop, for seasonal influenza is 1-4 days, with an average of 2 days. Adults can be infectious from the day before symptoms begin through approximately 5-7 days after illness onset. Children can be infectious for more than 10 days after the onset of symptoms. Severely immunocompromised persons can be infectious for weeks or months.

Current Criteria for Employees Returning to Work after Seasonal Influenza

Workers who have become sick with the flu should stay at home until all of the following criteria are met:

- At least 7 days have passed since the symptoms of illness began; AND
- Fever has resolved and has not been present for at least 24 hours without fever reducing medication AND;
- Cough is improving (decreasing in frequency and amount of secretions with no associated chest discomfort or shortness of breath)

Upon returning to the work environment, employees should continue to follow cough etiquette and hand washing protocols. (See Cover Your Cough-Prevention sheet #2).

Criteria for Pandemic Influenza

Experts do not know whether the mode of transmission, incubation period, or contagious period of a pandemic flu virus will be similar to those of the regular seasonal influenza. Because of this, employers must be alert to specific recommendations from Southwest Utah Public Health Department during an influenza pandemic. Management of illness in the workplace, including when it is safe for workers to return to the work, will be communicated through various media as necessary. For the most current information contact the Southwest Utah Public Health Department at 435-673-5328 or visit swuhealth.org.
Stay at Home Toolkit

Resources

Southwest Utah Public Health Department
swuhealth.org
435-673-3528

American Red Cross
www.redcross.org

Centers for Disease Control and Prevention
www.cdc.gov

The Humane Society of the United States
www.hsus.org

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

World Health Organization
www.who.org
Beaver County Office
75 W. 1175 N.
Beaver, Utah 84713
(435) 438-2482

Garfield County Office
609 N. Main
Panguitch, Utah 84759
(435) 676-8800

Iron County Office
260 E. DL Sargent Dr.
Cedar City, Utah 84721
(435) 586-2437

Kane County Office
245 S. 200 E.
Kanab, Utah 84759
(435) 644-2537

Washington County Office
620 S. 400 E.
St. George, Utah 84770
(435) 673-3528