



## **How To Take Care Of Someone With Seasonal Or Pandemic Flu**

- Most people who are ill will need to be cared for at home.
- Vaccines or other medications may not be available.
- Care will consist of keeping the persons as comfortable as possible.
  - ✓ Make sure the person drinks lots of fluids.
  - ✓ Make sure the person gets plenty of rest.
  - ✓ Use ibuprofen or acetaminophen for fever, sore throat and muscle aches, the person does not have allergies to these medications.
  - ✓ Do not use aspirin in children (aspirin can cause Reye's syndrome in young children, a life-threatening illness).
  - ✓ Sponge with tepid (wrist-temperature) water- fever will be lowered during sponging.
  - ✓ Do not sponge with alcohol.
  - ✓ Keep tissues and a trash bag within reach of the patient.
  - ✓ Make sure all members of the household wash their hands frequently.
  - ✓ Keep other family members and visitors away from the patient.



**If the ill person is having difficulty breathing or if symptoms are getting worse, contact a health care provider right awayf.**