<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Observations*</th>
<th>Temperature</th>
<th>Medications</th>
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<tbody>
<tr>
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<td></td>
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*Describe how the sick person looks, how he or she feels or is doing, fluids or foods taken since the last time you saw or cared for them, etc.

Prevent the Spread of Pandemic Flu

1. **Disinfect door knobs, switches, handles, toys, and other surfaces that are commonly touched around the home or workplace.**

   Mix up a fresh batch every time you use it:
   - **Disinfectant:** 1/4 cup bleach
   - **Water:** 1 gallon

2. **Get the flu shot.**
   - Check with your healthcare provider to see if you need to be vaccinated.

3. **Stay home when you’re sick and give flu germs no chance to spread.**
   - Do not go to school or work while you have the flu.
   - Stay home if you’re sick and have a fever, cough, or body ache.

On these Web sites
- ReadyCarver.org
- Carvercountymd.org
- ReadyCarver.org
- ReadyCarver.org
- ReadyCarver.org
- ReadyCarver.org

Local and national news

Your healthcare provider

Common flu symptoms

The flu is a viral illness that affects the respiratory tract and causes discomfort. The flu is usually characterized by high fever, cough, sore throat, body aches, and fatigue. In severe cases, the flu can cause complications such as pneumonia, sinusitis, bronchitis, and ear infections. It is important to get medical care if you have symptoms of the flu, such as high fever and difficulty breathing. In addition, the flu can be transmitted through coughing, sneezing, or direct contact with infected individuals. It is important to practice good hygiene, such as washing your hands frequently and covering your nose and mouth when you cough or sneeze, to reduce the spread of the flu. To prevent the flu, it is important to get vaccinated annually and to practice good hygiene, such as washing your hands frequently and covering your nose and mouth when you cough or sneeze. If you have symptoms of the flu, such as high fever and difficulty breathing, it is important to get medical care as soon as possible.
Caring for a Person With Flu

- One person should be the caregiver.
- Have the sick person rest and stay home. Avoid contact with others.
- Minimize the number of people providing care to prevent the spread of the virus.
- Use fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin); follow the package label or a doctor/nurse’s direction to reduce fever, headache, and muscle, joint, or eye pain.
- Give plenty of fluids to the sick person to drink as much as he/she can.
- Give light foods as the person wants; fluids are more important than food in the first days when the fever may be highest.
- Avoid touching your eyes, nose, or mouth. Germs often spread this way.
- Encourage rest, plenty of fluids, and medications to relieve flu symptoms.
- No alcohol or tobacco.
- Have the sick person gargle; use lozenges or hard candy for a sore throat.
- WASH HANDS OFTEN!

Ask everyone, including the sick person, to clean their hands and cover their coughs and sneezes.

Symptoms of Flu

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting, and diarrhea (more in children than adults)

If the person has flu symptoms they should:

- Rest
- Drink fluids
- Stay home
- Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)

But IF the person:

- Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- Has the fever for more than 3 to 5 days
- Feels better, then gets a fever again
- Call your healthcare provider

Or IF the person:

- Is confused or extremely irritable.
- Is short of breath or is wheezing.
- Coughs up blood.
- Has pain in the chest when breathing, has heart disease (like angina or congestive heart failure) and has chest pain.
- Is unable to walk or sit up, or function normally (others might be the ones to notice this - especially in elderly persons)
- Call 911

Helpful Supplies

- Thermometer
- Fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
- Cough drops or cough syrup
- Drinks–fruit juices, soda, tea, sport drinks, water or Electrolyte Drink
- Avoid Alcohol
- Light foods–clear soups, applesauce, crackers
- Blankets or warm covers

Electrolyte Drink:
1 quart water
1/2 tsp. baking soda
1/2 tsp. table salt
3 to 4 tbsp. sugar
1/4 tsp. salt substitute
Mix well and flavor with lemon juice or sugar-free Kool-Aid®.