

SEASONAL FLU

Caring for a Sick Person



If you are taking care of someone who has flu, you should protect yourself:

- Avoid being face-to-face with the sick person. When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.
- If close contact with a sick individual is unavoidable, consider wearing a facemask or respirator, if available and tolerable.
- Ask the person's physician about any special care that might be needed, especially if the person is pregnant or has a health condition such as diabetes, heart disease, asthma, or emphysema.
- Ask the patient's physician whether the patient or you, as the caregiver, should take antiviral medications.
- Keep the sick person away from other people as much as possible, especially others who are at high risk of complications from influenza.
- Make sure everyone cleans their hands often, using soap and water or an alcohol-based hand rub.
- Get medical care right away if the patient
 - Has difficult breathing or chest pain
 - Has purple or blue discoloration of the lips
 - Is vomiting and unable to keep liquids down
 - Shows signs of dehydration, such as feeling dizzy when standing, being unable to urinate, or (in infants) crying without shedding tears
 - Has seizures (for example, uncontrolled convulsions), or
 - Is less responsive than normal or becomes confused.

Adapted from www.flu.gov