



Home Care Guide for the Flu

PUBLIC HEALTH DIVISION

How do I know it's the flu?

You may have the flu if you have some or all of these symptoms:

- ◆ Fever*
- ◆ Cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Body aches
- ◆ Headache
- ◆ Chills
- ◆ Fatigue
- ◆ Sometimes diarrhea and vomiting

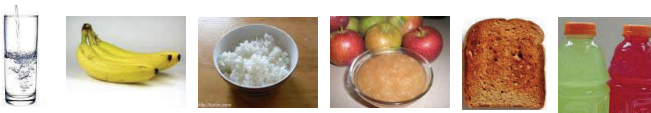


*Not everyone with flu will have a fever

What should I do to take care of someone with the flu?

You may be unable to go to the store to buy what you need when someone is sick. Have these things at home ahead of time.

- ◆ Fever-reducing medicines (ex. acetaminophen, ibuprofen or aspirin) **Note: NEVER give aspirin to children under 18 years of age unless it is recommended by a doctor. It can cause serious problems.**
- ◆ Thermometer
- ◆ Rest is very important
- ◆ Get Plenty to drink– Offer fluids frequently to sick children.
- ◆ Drink small amounts even if you're not thirsty.



The California Department of Health hotline, is available in English and Spanish, 8am-6pm. TTY: 1-888-865-0564.

How do I know when someone with the flu needs emergency care?

Get emergency medical care right away for:

CHILDREN

- ◆ Fast breathing or trouble breathing
- ◆ Purple or blue lips
- ◆ Can not keep liquids down
- ◆ Not waking up or not interacting
- ◆ So irritable that the child does not want to be held
- ◆ Fever with rash
- ◆ Flu like symptoms that return with a fever and a worse cough.



ADULTS

- ◆ Trouble breathing
- ◆ Pain or pressure in chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting



How long should you stay home with the flu?

You should stay home for at least **24 hours** after the fever is gone, **without using medicine**. People with the flu should leave the house only to get medical care. They should stay away from work, school, public gatherings and places like malls and grocery stores.

Do I need to go to the Emergency Room if I am only a little sick?



- ◆ **NO.** But call your health care provider for advice if you are at high risk for flu complications, or if you are concerned.

People who are at high risk of complications from the flu are people who:

- ◆ have a chronic illness
- ◆ are pregnant
- ◆ are 65 and older
- ◆ are 5 and younger

