

Homecare Guidelines for Pandemic Influenza

During a pandemic influenza outbreak many people will become ill at the same time. Healthcare services and hospitals will become overwhelmed and may only be able to care for the most severely ill persons. There will also be fewer healthcare workers to provide care, as they will also be affected by a pandemic influenza.

The ability to care for a family member at home is important and may help to stop the spread of the flu virus. Preparation prior to the arrival of the pandemic is critical as the pandemic is expected to occur suddenly with little warning and there will most likely be a rush by many persons to purchase supplies at the last minute. The following information will assist you in your preparations for caring for family members at home.

Supplies needed at home:

Thermometer
Tylenol or acetaminophen
Cough suppressant (liquid or tablet)
Diarrhea medication
Disposable Gloves
Surgical Masks
Fluids:
 Water
 Fruit juice/sports drinks
 Tea
 Popsicles
 Non caffeinated soda (lemon/lime, 7 Up)

Light Foods:

Broth of clear soups
Applesauce
Bananas
Rice
Crackers
Cooked carrots
Boiled potatoes
Eggs
Toast (unbuttered)

Influenza Symptoms

(Sudden onset)

Fever (100-104 F)
Extreme tiredness
Body/joint aches
Headache/Eye pain
Sore throat
Stuffed or runny nose
Dry/hacking cough
Body chills
No appetite

Homecare for ill persons

Rest in bed
Use medication to reduce fever.
Give frequent fluids
Give light food.
Have blankets available
Wash your hands frequently

Keep a Care Log

Date & time of:
Symptoms
Temperature
Treatments/medications given
Eating/drinking
Urination

Seek Medical care when/if:

Becomes short of breath or wheezing
Coughs up blood
Skin is bluish color
Have pain in chest
Becomes unable to walk/sit up
Has not urinated in 12 hours
Becomes disoriented