



Pandemic Influenza | During Hazard Preparation Checklist

What Should I Do If I Get the Flu?

- If you have been diagnosed with flu, you should stay home, follow your doctor's orders, and watch for signs that you need immediate medical attention.
- Get medical attention right away if you:
 - Have difficulty breathing or shortness of breath
 - Experience pain or pressure in the chest or abdomen
 - Have sudden dizziness
 - Become confused
 - Have severe or persistent vomiting
 - Experience flu-like symptoms that improve but then return with fever and worse cough
- The CDC recommends that you stay home for at least 24 hours after your fever (100°F or 37.8°C) is gone except to get medical care or for other things you have to do and no one else can do for you.
- Avoid close contact with others, especially those who might easily get the flu, such as people age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- Wash hands with soap and water or an alcohol-based hand sanitizer often, especially after using tissues or coughing/sneezing into your hands.
- Cover your coughs and sneezes.
- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- Get plenty of rest.

How Should I Care For A Sick Person At Home?

- If you are taking care of someone at home who has flu, you should protect yourself and other people in the household.
- 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.
- Ask the person's health care provider 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 health care provider whether the patient or you, as the caregiver, or other individuals who require daily contact with the patient, 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 in the household washes their hands often, using soap and water or an alcohol-based hand sanitizer.



- Seek immediate medical care if the patient:
 - Has difficulty 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)
 - Is less responsive than normal or becomes confused