



HOME CARE GUIDE...

Providing Care at Home During an Influenza Pandemic



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County of Orange Health Care Agency
Public Health Services

Version 1.0

**Provided by the
Orange County Health Care Agency**

www.ochealthinfo.com



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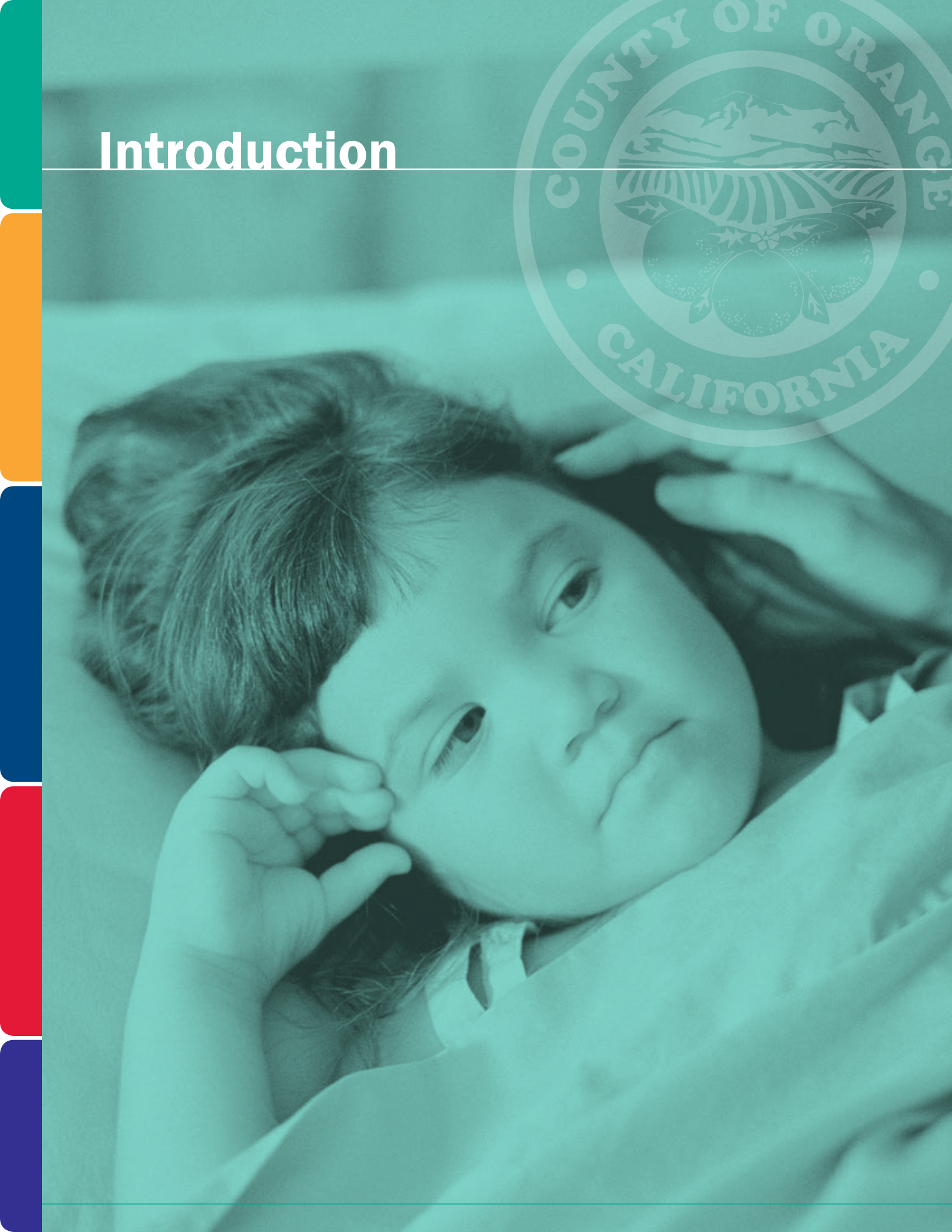
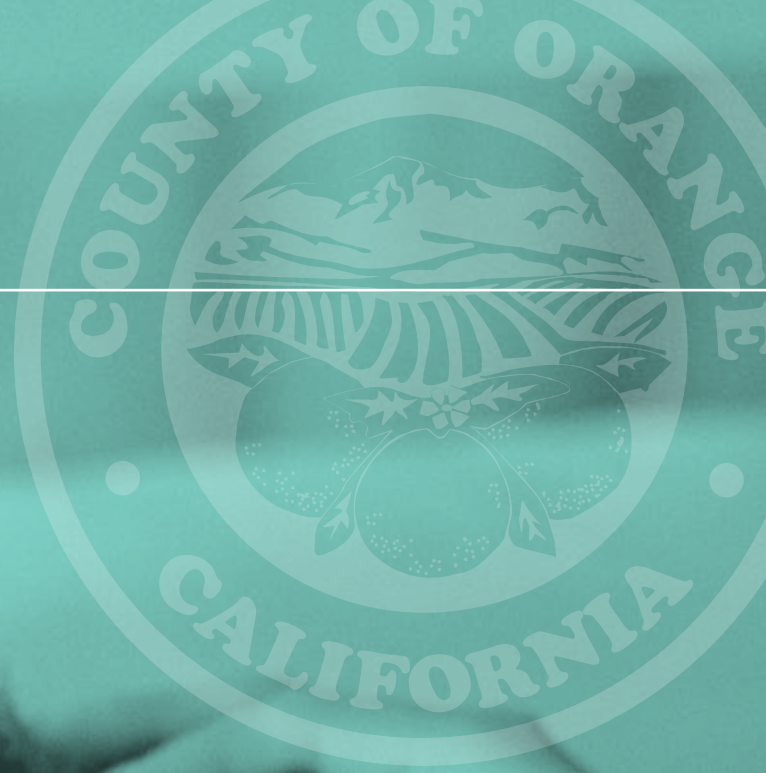
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Introduction



About Pandemic Influenza

Pandemic influenza, often called pandemic “flu”, is a worldwide outbreak of a new influenza virus for which there is little or no immunity (protection) in the human population. Scientists and health professionals are concerned that flu viruses that have been reported in birds – called avian flu - will develop into the next human pandemic.

When a new pandemic flu spreads it can create a public health emergency. This emergency will be different than other emergencies we have faced before – it will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

While we cannot stop a pandemic from happening, it is important to plan ahead. As many as one (1) in three (3) people could get sick during a pandemic, with many of these people getting seriously ill. Because so many people will be sick, the services and supplies that we count on every day may not be readily available. That means each individual and family should have emergency supplies at home like food and water, as well as other supplies they’ll need to take care of their loved ones.

Home Preparation is Important

Since so many people will be sick during a pandemic, it is likely that families will need to take care of their loved ones at home. When caring for an adult or child who is sick during a pandemic, it will be very important to be prepared.

You need to have the right supplies and medicines on hand. You need to know how to care for a sick family or household member including how to isolate (or separate) them at home, how to treat their symptoms and when to call for medical advice. You will also need to know how to control the spread of the disease in your own home.

Please remember, most people will survive the pandemic flu. But it is important to be prepared so that you give the best care to your family and household members who may get sick during a pandemic. The information provided in the following pages will help you prepare so that you will be better able to care for your loved ones at home.

AN IMPORTANT NOTE

In this guide you will see that public health officials are currently recommending a period of home isolation (staying home while ill) of at least **5 days** and possibly for as long as **14 days** so as not to spread infection to others. If and when an actual pandemic occurs, this recommendation may change. It will be important for you to stay informed, read and listen to the news, and check the public health department’s web site at **www.ohealthinfo.com** for home isolation and other important instructions.

Preparing Your Home



Most people sick with pandemic flu will be cared for at home by another person who lives in the same household. This section gives you information about flu symptoms and how to set up your home to care for someone with pandemic flu while protecting others in the household.

About Flu Symptoms

It's important to watch for the first signs of influenza in a family or household member because the sooner you start caring for the sick person, the better. And once the first signs of influenza appear, you can take the actions you need to control the spread of disease in your own home.

The following are symptoms of influenza:

- ▶ Sudden fever higher than 100.4°F (38°C)
- ▶ Chills
- ▶ Muscle aches or pain
- ▶ Headache
- ▶ Feeling of weakness, tiredness and/or exhaustion
- ▶ Cough or sore throat
- ▶ Runny or stuffy nose
- ▶ Signs of dehydration such as decreased urine, dry mouth & eyes, dizziness, etc.
- ▶ Diarrhea, vomiting, abdominal pain (more common in children)

These symptoms may develop very quickly and without much warning. Symptoms may start with a sudden high fever, chills, muscle aches or pain, and a general feeling of tiredness.

When a person is sick with influenza, they should get plenty of rest and drink plenty of liquids. Monitoring flu symptoms and giving fever medications regularly can help to make them more comfortable. A person with flu may be able to spread illness for at least five (5) days and maybe as long as 14 days after the first sign of being sick.

People with Chronic Diseases or Conditions

People with chronic diseases or conditions are at risk for medical complications from influenza. Chronic diseases and conditions include asthma, heart disease, diabetes, problems with the immune system (like cancer, HIV/AIDS or from treatment with certain medications), kidney failure, and severe muscle weakness or stiffness from nerve problems.

It is important to monitor a sick adult or child with a chronic disease or condition very closely during a pandemic. Anyone with a chronic disease or condition should keep in close contact with his or her medical providers during a pandemic. Women who are pregnant should also keep in contact with their prenatal care provider during a pandemic.

Please remember, while medical complications are most common in people with chronic diseases or conditions, they can happen with anyone who is sick with influenza.

Preparing Your Home

Isolating a Sick Person at Home

When an adult or child is sick and has an infection that can spread to others, such as pandemic flu, they need to be put in isolation. Isolation means that the sick person is isolated (separated) from people who are not sick.

Pandemic influenza can be spread by being near someone who is sick and coughing or sneezing, and even by touching surfaces that the sick person has touched or may have sneezed or coughed on. Because pandemic influenza can be easily spread, it is important to isolate (separate) the sick person from people who are not sick.

By separating the sick person in your home, and putting the following guidelines in place, you can help limit the spread of pandemic influenza in your home.

- ▶ Isolate the sick person(s) within your home. This means choosing a room in your home where the sick person or persons can stay for the entire time that they are sick. Rooms should have windows that open to circulate air, as well as natural sunlight and a door that shuts. The door should stay closed. If possible, this room would have a bathroom that is attached or nearby. It is best if those who are not sick use a separate bathroom.
- ▶ Make one person in the household the main caregiver. The main caregiver is the only person going in and out of the sick person's room. They bring the sick person their meals, drinks, and medicines. Other household members should have no contact, or very limited contact, with the sick person. Do not have visitors while the person is sick. The main caregiver will also closely watch the symptoms of influenza and call their medical provider if symptoms change or get worse. See *Calling for Medical Advice* on page 26 for more information about when to call your medical provider.
- ▶ Wear a respirator (preferred if available) or surgical or protective mask and disposable gloves when you are in the sick person's room. This is really important when giving care and when you are in contact with the sick person or cleaning up body fluids of the sick person. The main caregiver, or anyone else who cannot avoid contact with the sick person, needs to wear a respirator (or mask) and gloves. A respirator, when used properly, provides the best protection while having contact with the sick person, but masks also should provide some protection. Masks should have ear loops or ties for a secure fit. For more information on respirators and masks, see <http://www.pandemicflu.gov/vaccine/mask.html>.

- ▶ The sick person should also wear a mask, if possible, anytime the caregiver (or any well person) comes into the room. Sick persons should not wear respirators as they can make breathing difficulties worse.
- ▶ Sick persons should not leave their room during the time they can spread pandemic flu. This period of isolation is likely to last at least five (5) days and may last up to 14 days. The recommended period of isolation will be provided by the health department when more is known about the actual virus strain causing the pandemic. If you have to take the sick person out of their home, for example for medical appointments, the sick person should wear a mask and cover their mouth and nose with tissues when coughing or sneezing. Always make sure the sick person washes their hands after coughing or sneezing, touching dirty tissues, or after removing their mask.
- ▶ Change and throw away respirators, masks and gloves. You should change and throw away masks after each use if an adequate supply is available, but at minimum when they become damaged, moist or visibly soiled. You should throw away gloves after each use. After you've used these items, put them into a plastic bag, tie or knot the bag, and throw the bag away in a wastebasket or garbage can.
- ▶ Wash hands after contact with sick persons, after removing mask or gloves, or after touching dirty surfaces. Do not touch your eyes, nose, or mouth without first washing your hands for at least 20 seconds. Wash your hands after you've thrown away masks or gloves. Wash your hands before and after using the bathroom. If hands are visibly dirty, wash with soap and warm water. If hands are not visibly dirty, you can use an alcohol-based hand sanitizer like Purell® or Nexcare™. To use hand sanitizer, apply product to the palm of one hand, rub hands together and rub the product over all the surfaces of hands and fingers until hands are dry.



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- ▶ All people, especially those who are sick, should cover their nose and mouth with a tissue when sneezing or coughing. Tissues used by the sick person should be placed in a plastic bag. The bag should be tied or knotted and thrown away with other household garbage.
- ▶ Do not share personal items with the sick person. These items include eating utensils, cups, computers, phones, pens, clothes, towels, blankets, and bed sheets.
- ▶ Clean and disinfect common area surfaces. On a daily basis, clean surfaces and things that are used often or touched, such as door knobs and handles, light switches, microwaves, phones, remote controls, toilet seats and handles, faucets, toys and other surfaces that are commonly touched around the home or workplace. Use a labeled household disinfectant or a chlorine bleach mixture. For another option, see [Making Your Own Sanitizing Solutions](#) on page 11 .
- ▶ Get fresh air into the room. Getting fresh air into a room can help cut down the amount of germs in the room. When possible, open windows to bring in fresh air. This should be done more than a few times a day for 10 to 15 minutes each time. It should be done in all rooms of the house, especially in the room where the sick person is placed.
- ▶ Wash dishes and eating utensils with warm water and dish soap. It is not necessary to separate dishes and eating utensils between sick and healthy persons as long as they are washed thoroughly with warm water. Everyone's dishes can be washed together by hand with warm water and dish soap, or in a standard dishwasher. Just make sure the dishes and eating utensils are clean! If you don't have hot water or soap, see [Making Your Own Sanitizing Solutions](#) on page 11.
- ▶ Wash laundry with detergent and warm water. Everyone's clothes can be washed together, but you need to handle dirty laundry carefully so that you are not spreading the illness. Gloves can be used to handle dirty laundry. Do not "hug" the laundry to yourself when picking up or moving dirty laundry. Make sure to wash your hands after handling dirty laundry.



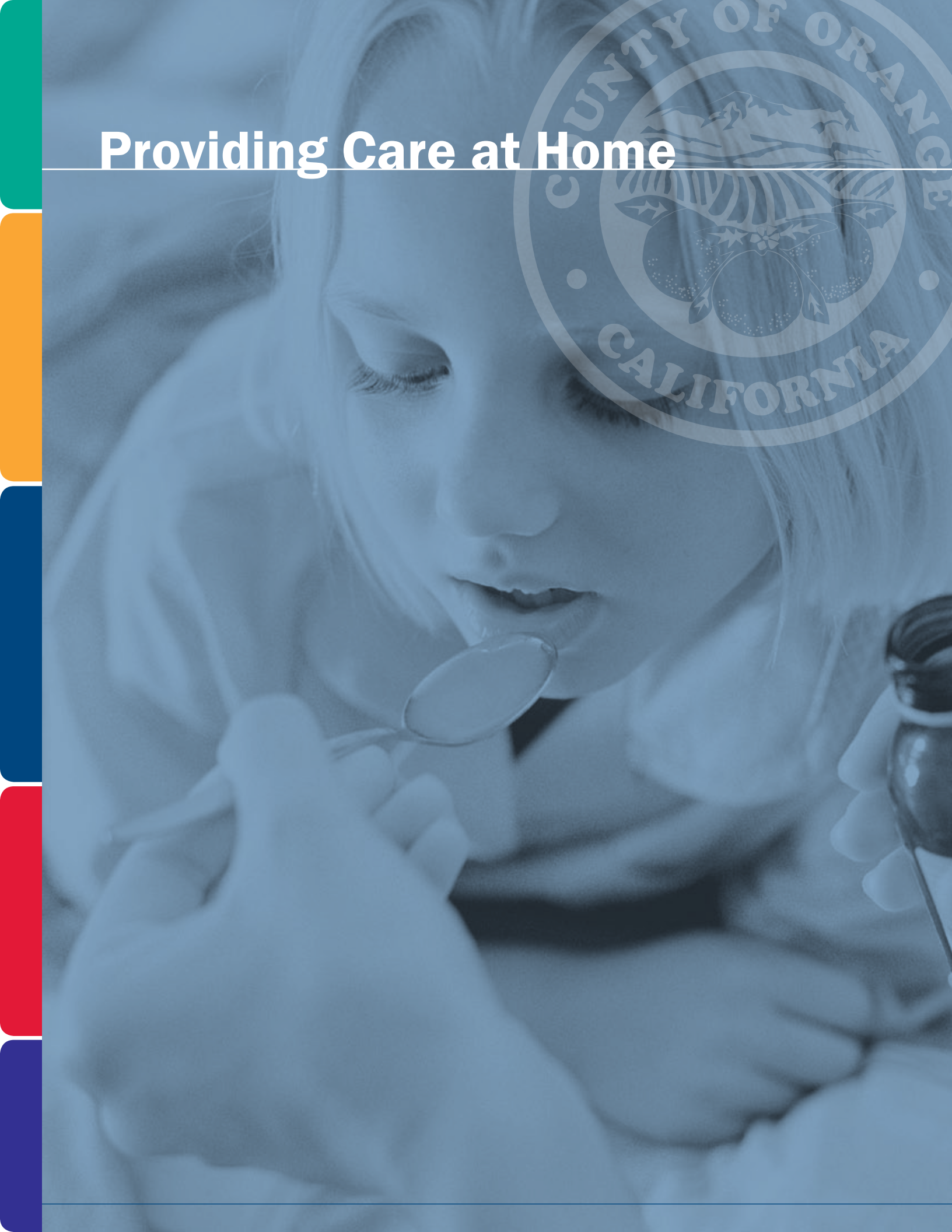
MAKING YOUR OWN SANITIZING SOLUTIONS

If you do not have store-bought disinfectants on hand, you can make your own sanitizing solutions with clean water.

Sanitizing Solution for general cleaning and disinfecting: Use one quarter of a cup (1/4 cup) of regular household bleach per gallon of cool water.

Rinsing Solution for washing dishes in cold water: Use 1 tablespoon of regular household bleach per gallon of water.

Providing Care at Home



Since most adults and children sick with pandemic flu will be cared for by another person in the same household, it will be important for the caregiver to know how to do certain things. This section gives the caregiver information about how to take a temperature, how to treat and reduce fevers, how to look for signs of dehydration, and how to rehydrate a sick household member, as well as information about when to call for medical advice.

About Fever

Fever is often caused by an infection and is a symptom of flu. Fever is the body's normal response to an infection and plays a role in fighting the virus by turning on the body's immune system.

The body's normal temperature can vary depending on the time of day, amount of activity, amount of clothing, weather or a recent bath. Warm food or drink can also raise body temperature. Normal temperature also depends on what body site it is taken at, for example the average rectal temperature is 99.4 °F and the average oral temperature is 98.6 °F.

Most flu fevers normally last between two (2) or three (3) days, but may last up to five (5) days. Fevers from flu usually run between 101 °F and 104 °F, and but may go even higher (up to 106 °F) in children.

Taking a Temperature

Getting an accurate temperature can take some practice. Of the kinds of temperatures you can take, rectal temperatures are the most accurate but are usually only done on infants and small

children. Oral temperatures (in the mouth) are also accurate if they are done properly on older children and adults. Taking a temperature at the armpit (axillary) is less accurate than by mouth or rectum. Ear temperatures need a special kind of thermometer (tympanic) and can vary in accuracy due to things such as ear wax or how the thermometer is placed in the ear. For a child younger than three (3) years old, a rectal temperature is best. For anyone older than four (4) or five (5) years, it's usually best to take his or her temperature by mouth.

There are generally two kinds of thermometers.

▶ *Digital Thermometer*

A digital thermometer records temperatures with a heat sensor and runs on a button battery. Digital thermometers can measure a temperature in usually less than 30 seconds. The temperature is displayed in numbers on the screen.

▶ *Glass Thermometer*

NOTE: The American Academy of Pediatrics encourages parents to remove mercury thermometers from their homes to prevent accidental exposure to this toxin. Glass/mercury thermometers should never be used in the mouth of young children or any person that is combative or may bite down on the thermometer and break it. With a glass thermometer, you must shake it until the mercury line is below 98.6° F (37° C). To read a glass thermometer, find where the mercury line ends by turning the thermometer until you can see the mercury line.

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The following information will help you take a correct temperature.

▶ *Taking Rectal Temperatures*

Label the thermometer for rectal use so it is not accidentally used later in the mouth.

Clean the end of the thermometer with rubbing alcohol or soap and water. Rinse it with cool water; do not use hot water. Apply some lubricant, such as petroleum jelly, to the end of the thermometer. Have the child lie down on your lap with stomach down and hold him with your palm against his lower back, just above his bottom. Or place the child face up with legs bent to his chest and hold him with your free hand against the back of the thighs. Then turn the thermometer on and insert it into the anal opening about one half (1/2) to 1 inch, but do not force it in. Hold the child still while the thermometer is in and hold the thermometer in place loosely with 2 fingers. Leave the thermometer in for about one (1) minute, until you hear the “beep” for a digital thermometer. Be sure to wash the thermometer with soap and water afterwards and wash your hands.

A rectal temperature over 100.4°F (38°C) is considered a fever.

▶ *Taking Oral Temperatures*

Clean the thermometer with rubbing alcohol or soap and water. Rinse it with cool water; do not use hot water. Make sure the sick person has not had a drink - cold or hot - within the last 10 minutes. Turn the thermometer on and place the tip of the thermometer under the tongue and toward the back of the mouth. Have the person hold the thermometer in place with lips and fingers (not teeth) and breathe through the nose, keeping the mouth closed. With children, you may need to hold the thermometer too. Leave it inside the mouth for about one (1) minute, until you hear the “beep” for a digital thermometer. If the mouth cannot close because of a stuffy nose, blow the nose or clean the nose out with salt-water (saline) drops and a bulb syringe before taking the temperature.

Be sure to wash the thermometer with soap and water afterwards and wash your hands.

An oral temperature over 99.5°F (37.5°C) is considered a low-grade fever.

If using a pacifier thermometer, have the child suck on the pacifier until it reaches a steady temperature and you hear a beep. This usually takes three (3) to four

(4) minutes and may be difficult in a crying or uncooperative child. A temperature over 100°F (37.8°C) taken with a pacifier thermometer is considered a fever.

- ▶ **Taking Axillary (Armpit) Temperatures**
Remove or loose clothing as necessary to allow easy access to the armpit and make sure armpit is dry. Place the tip of the thermometer in the child's armpit, directly against the skin. Hold his arm tightly against his chest for about one (1) minute, until you hear the "beep".

An armpit temperature over 99°F (37.2°C) is considered a fever and should be rechecked using another method, depending on the age.

- ▶ **Taking Ear Temperatures**
Be sure the sick child has not been outdoors on a cold day and has been inside for at least 15 minutes before taking the temperature. Pull the ear backward to straighten the ear canal. Place the end of the ear thermometer gently into the ear canal and aim the probe toward the eye on the opposite side of the head. Then press the button. In about two (2) seconds you can read the temperature.

An ear temperature over 100.4°F (38°C) is considered a fever.

Treating and Reducing a Fever

The best way to treat and reduce a fever is to give the sick adult or child extra liquids, remove extra clothing and give fever-reducing medicines.

- ▶ **Drink Lots of Liquids**
Encourage the sick person to drink extra liquids. Popsicles, iced drinks and ice cubes are also helpful. Body fluids are lost during fevers because of sweating. By drinking extra liquids you can replace the lost body fluids. Cool or cold drinks also help lower the body temperature.
- ▶ **Remove Extra Clothing**
Do not bundle up a person with a fever because it may cause them to have a higher fever. Clothing should be kept to a minimum to allow heat to be lost through the skin. If the sick adult or child feels cold or is shivering (the chills), give them a blanket to make them comfortable.
- ▶ **Use Fever-Reducing Medicines**
Medicines such as acetaminophen (such as Tylenol®) or ibuprofen (such as Advil® or Motrin®) work well for reducing fever. It is better to use these medicines only if the sick person doesn't feel good or if the fever is very high and preventing the sick person from taking liquids. Do not give aspirin to any person under 19 years of

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age. It can cause a very serious illness affecting the liver and the brain called Reye syndrome.

Children and infants can be given an over-the-counter fever medicine containing either acetaminophen (such as Tylenol®) or ibuprofen (such as Advil® or Motrin®). These medicines are available in both liquid and chewable forms. You should give the correct dosage for the child's weight or age as listed on the bottle.

For liquid medicines, use the measuring cap that comes with the bottle to be sure that you are giving the right dose and do not use it with other products. It is important to follow the bottle instructions and not give these medicines more often than the instructions recommend. Stop giving fever medicines once the fever is over.

Do not mix or combine different acetaminophen and ibuprofen medicines together. This will not help reduce the fever, and it can cause poisoning. If you are already using a fever-reducing medication, be sure that you are not combining it with other medicines such as over-the-counter cold and flu medicines that also contain acetaminophen or ibuprofen in the active ingredients.

► *Sponge Bath*

A sponge bath in lukewarm water can help a sick person feel better, but it does not help reduce fever. It is important to first give the sick adult or child a fever-reducing medicine. Do not give them a bath right after they've taken their medicine. It is important to wait at least 30 minutes to give the medicine a chance to start working.

If the fever does not come down after taking the medicine, then a sponge bath may help a sick person feel better, but it will not reduce their fever.

To give a sponge bath, fill the tub with about two (2) inches of lukewarm water and wet the sick adult or child's skin with a sponge. Do not add ice, ice water or rubbing alcohol to the water because these things do not help reduce fevers and rubbing alcohol can be harmful.

Remember, the fever needs to run its course to help the body fight the infection. Please see *Calling for Medical Advice* on page 26 for instructions about when to call for medical advice.

About Dehydration

People with influenza can become dehydrated when the body loses too much water and the water is not replaced quickly enough. Body fluids are lost during fevers because of sweating and fast breathing. It is important that anyone who is sick drink lots of liquids to help them fight or recover from the flu.

Give an adult or child who is sick plenty of liquids to drink such as water. This will help them avoid getting dehydrated. If the sick person has diarrhea or is vomiting, give them oral rehydration solutions (see below) to replace the loss of salt and sugar in the body).

If the sick adult or child has not urinated in more than 12 hours (six (6) hours for infants) and has symptoms such as a dry mouth, dry eyes or little or no tears, and has an overall sick appearance, you should call for medical advice.

Signs of dehydration include:

- ▶ Little or no urine
 - ▶ Dark and concentrated urine
 - ▶ Dry mouth with decreased saliva
 - ▶ Dry eyes with little or no tear production
 - ▶ Sunken eyes
 - ▶ Weakness
 - ▶ Tiredness
 - ▶ Headache
 - ▶ Loss of skin elasticity (doughy or loose skin)
- ▶ Dizziness when the sick adult or child stands or sits up
 - ▶ Fainting
 - ▶ Sunken soft spot on top of head in infants

Giving Liquids

It is important to begin giving liquids at the first sign of the flu to maintain the right level of hydration. Please remember that anyone who is sick may not feel like drinking their liquids, but it is important to keep giving liquids in order to not get dehydrated. Sick people can continue to eat regular solid food as tolerated throughout the illness. See below under Acceptable Liquids for suggestions of good liquids to give when someone is ill.

A large child or adult who is not eating solid food should drink at least three (3) to four (4) quarts of liquid per day, or enough until their urine is light yellow. In general, minimum fluid needs are 1 ½ ounces per pound of body weight per day (multiply 1.5 times the weight of the child). For example, a 10 pound infant needs approximately 15 ounces of fluid per day and a 20 pound child needs approximately 30 ounces of fluid per day. Note: if a person is having diarrhea or is dehydrated, the fluid needs will be even greater.

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If the sick person becomes dehydrated, give them small amounts of liquids frequently. For example, give sips or spoonfuls of liquids every five (5) to 10 minutes over a four-hour period. Watch for an increase in urination and a lighter color of urine. These are signs that the liquids are working.

If the sick person is vomiting, do not give any liquids or food by mouth for at least an hour. Let the stomach rest and then give a clear liquid, like water broth, or oral rehydration solution (see below), in small amounts. Start with one (1) teaspoon to one (1) tablespoon every 10 minutes. If they continue to vomit, let the stomach rest again for another hour. Then try again to give small but frequent amounts of clear liquids. When the sick adult or child has stopped vomiting, gradually increase the amount of liquids and use oral rehydration solutions (see below). After six (6) to eight (8) hours of giving the person clear liquids without vomiting, you can start to give them solid foods that are easy to digest such as saltine crackers, toast, soup, mashed potatoes or rice. Gradually return to a regular diet.

Babies who are breast-fed and are vomiting can continue to nurse and should nurse more often in small amounts, for example for four (4) to five (5) minutes every 30-45 minutes. If dehydrated, store-bought oral rehydration solution should be given in addition to the breastfeeding.

Acceptable Liquids

It is important for the sick person to stay hydrated by drinking plenty of liquids in order to help fight the flu symptoms and prevent dehydration. Certain liquids like alcohol and drinks containing caffeine (coffee, herbal teas, caffeinated sodas, etc.) should be avoided because they can cause further dehydration. Apple and pear juice should also be avoided because they contain a certain type of sugar that increases water loss.

Infants:

For sick infants, breast milk, infant formula, and store-bought oral rehydration solutions (see below) are good choices to prevent or treat dehydration. If the infant is eating, diluted juices ($\frac{1}{2}$ water, $\frac{1}{2}$ juice) may also be given.

Toddlers (aged one (1) to three (3) years):

For sick toddlers who are still eating solid foods, milk, broth or soup, store-bought oral rehydration solutions, sports drinks (such as Gatorade®), popsicles, or juices may be given. If the sick toddlers are not eating or are dehydrated, store-bought oral rehydration solutions should be given to keep up and restore the electrolytes (salt and sugar) that the body needs.

Children over age 3 and adults:

For sick children over three (3) years of age or adults who are still eating solid foods, water, broth or soup, popsicles, sports drinks (such

as Gatorade®), and juices may be given. If the sick child over age three (3) or adult is not eating or is dehydrated, oral rehydration solutions should be given to keep up and restore the electrolytes (salt and sugar) that the body needs.

Oral Rehydration Solutions

Oral rehydration solutions have the amounts of electrolytes (salt, sugar, etc) needed for the body and should be used if a person is dehydrated or is not eating. There are several commercially available oral rehydration solutions available, such as Pedialyte®, Infalyte®, and Rehydralyte®; some major pharmacies have their own store-brand pre-mixed electrolyte solutions. Oral rehydration solutions also are available in packets of powder that is pre-measured to mix with water at home. In the event that commercially available oral rehydration solutions are not available during a pandemic, recipes for homemade electrolyte solutions will be provided by the Orange County Health Care Agency at www.ochealthinfo.com. In making any homemade electrolyte solutions, it is very important that the utmost care is taken to measure the ingredients accurately as incorrect amounts can make the solution less effective, or even harmful. If possible, a second adult should check your measurements for accuracy.

KEEP RECIPES???

Calling for Medical Advice

Keeping a home care log is important. Write down the date, time, fever, symptoms, medicines given and dosage. Keep an eye on changes in symptoms or new symptoms. Make a new entry at least twice a day or when symptoms change. The home care log can also include information about the amount the ill person eats or drinks or the number of times he or she has urine. This information will be very helpful to monitor the course of the illness and to accurately report information if you need to call your medical provider.

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Personal Care Log

(Copy, fill out, and bring log sheets to health care provider visits or have filled out information available for reporting to your medical provider over the phone)

Date	Time	Temperature and how taken*	Observations**	Medications given/taken (if any) and dose

*Abbreviations for methods of how temperature taken: R=rectal, O=oral (by mouth), A=axillary (armpit), T=tympanic (ear)

** Observations include symptoms (such as cough, wheezing, any type of pain, or vomiting), amount of liquids or foods taken since last observation, number of times urinated since last observation

People with a chronic disease or condition, and women who are pregnant, should be in contact with their medical provider during a pandemic. In addition, a sick person or their caregiver should seek medical advice in the following situations during a pandemic:

- ▶ Infants under three (3) months with a rectal temperature of 100.4° F (38° C) or higher.
- ▶ Fever in persons not responding to fever medicines within six (6) hours.
- ▶ Fever lasting more than five (5) days.
- ▶ Fever in persons with diseases of the immune system (HIV/AIDS, leukemia, cancer patients on chemotherapy, etc.).
- ▶ Fever that went away for one (1) to two (2) days, then comes back.
- ▶ Persons with an existing medical condition (heart or lung disease, HIV/AIDS, cancer, etc.) and their overall condition is getting worse.
- ▶ Shows signs of severe dehydration (see page 19) and/or the sick adult or child has stopped taking liquids.
- ▶ Difficulty breathing or other signs of respiratory problems such as grunting, fast breathing, flaring (widening) of the nostrils, wheezing ,chest pain, or pulling of the breathing muscles below and between the ribs and above the collarbone
- ▶ Has a cough that produces blood
- ▶ Makes a harsh high pitched sound when breathing in (stridor)

- ▶ Has seizures.
- ▶ Has severe ear pain or severe muscle pain.
- ▶ Becomes confused, difficult to wake up or unusually irritable.
- ▶ Vomiting for more than an hour without stopping.

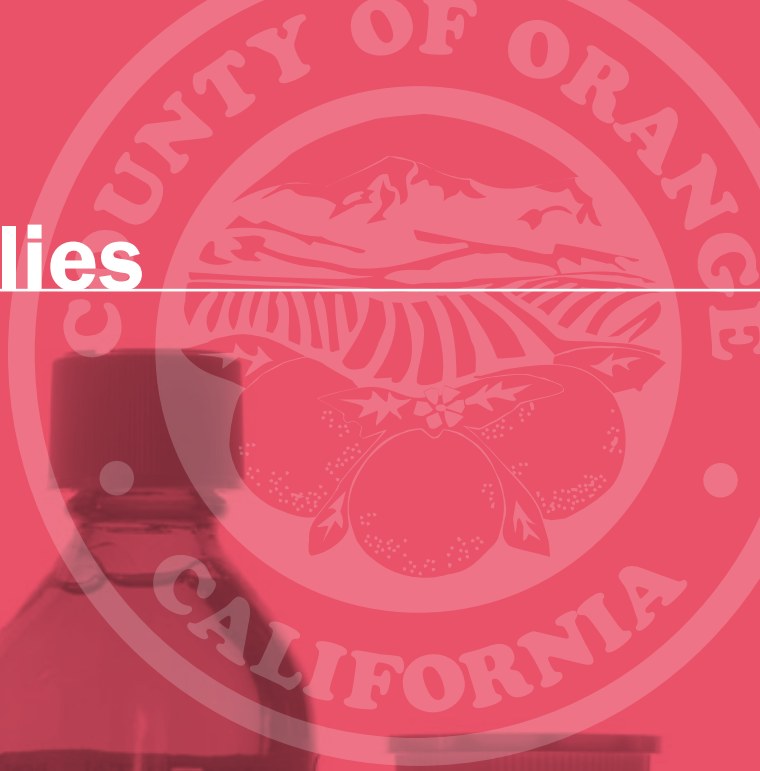
When to Call 911

Call 911 if you cannot reach your medical provider and the sick person has a problem listed above, or if the sick person has any of the following symptoms:

- ▶ Difficult breathing or chest pain with each breath.
- ▶ Bluish skin.
- ▶ Stiff neck.
- ▶ Inability to move an arm or leg.
- ▶ First-time seizure.
- ▶ Irritability and/or confusion.



Home Care Supplies



It's important to be prepared for any emergency such as an earthquake, fire or the pandemic flu. It's a good idea to gradually buy items now so that you have at least two weeks of emergency supplies for each person in your home.

General Emergency and Pandemic Flu Supplies Checklist

This checklist can help you plan on what type of emergency supplies you'll need. This list includes examples of what types of basic emergency supplies you should have on hand like a first aid kit, clean water, emergency cash, batteries, radios, flashlights, etc. In addition to your regular emergency supplies, additional items should be added for pandemic flu preparedness so that you are able to care for sick family members at home. Be sure to consider how many people you have in your household when figuring out how much to keep on hand.

2-Week Emergency and Pandemic Flu Supplies Checklist

Examples of medical and health supplies	
	Prescription medicines (as needed)
	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment (as needed)
	Medicines for fever, such as acetaminophen or ibuprofen, including liquid medicine for children if children are in the household
	Thermometer
	Anti-diarrheal medication
	Vitamins
	Drinks with electrolytes (e.g. Pedialyte®, Infalyte®, or store-brand)
	Liquid soap, or alcohol-based (60-95%) hand sanitizers
	First Aid Kit and instructions

Examples of medical and health supplies (continued)	
	Disposable gloves
	Respirators, or surgical or procedural masks
	Antibacterial/disinfectant wipes
	Bleach
	Tissues
	Copies of important medical records including lists of conditions, medications, and allergies, and contact information for medical providers, pharmacy, and insurance plans.

Examples of other emergency supplies	
	Flashlight
	Batteries
	Portable radio
	Knife and manual can opener
	Trash bags
	Paper towels
	Toilet paper, feminine hygiene products (as needed), disposable diapers (as needed)
	Laundry detergent and dishwashing detergent
	Plastic food storage bags, one gallon size
	Paper products (plates, cups, bowls) and plastic eating utensils
	Baby and pet supplies, as needed
	Toolkit with wrench, pliers, etc.
	Copies of important documents
	Cell phone with battery, if possible
	Emergency cash

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Emergency Food Supplies

When preparing for any emergency including pandemic flu, it is important to understand what types of food will be most useful and how to properly store them. Buy foods that the people in your household need and will eat. Use plastic containers designed to store your emergency food. A mixture of foods is best to maintain normal energy and body functions.

It's a good idea to slowly build up your supply with foods that will not spoil easily. Each household member will need at least one balanced meal and one gallon of drinking water a day. Remember to check expiration dates regularly, use food items before they expire, and replace with new items.

The following tips will help you select and store foods so that your food supply lasts.

- ▶ Keep the normal food pantry separate from your stored emergency supplies.
- ▶ Focus on picking foods that can satisfy your family.
- ▶ Pick foods that keep a long time before they spoil. For example, freeze-dried foods do not spoil and they can last for long periods of time. Dehydrated foods can also be kept for a long time if they are stored properly.
- ▶ Look for foods that don't need to be refrigerated or that don't need to be heated.

- ▶ Label foods with clear descriptions. For example, write on the food container: 'use-by (date)' or 'best if used before (date)'.
- ▶ Make sure to store items in plastic containers with tight-fitting lids so that bugs cannot get into them.
- ▶ Make sure to include foods that household members like.

Emergency Food Supplies Checklists

Examples of foods to have on hand

Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
Protein, fruit, or cereal bars
Dry cereal or granola
Peanut butter or nuts
Dried fruit
Crackers
Canned juices and milk, soy milk
Bottled water
Sports drinks
Canned or jarred baby food and formula (as needed)
Pet food (as needed)
Pasta sauce
Soup mixes, instant meals
Jelly, jam
Coffee, tea

Examples of other non-perishable items to have on hand

Flour, bread mix, instant dried yeast
Sugar and salt
Milk powder
Oatmeal
Pasta, rice
Dried, beans, lentils
Baking soda

Storing Water

It is important to keep water for cleaning and washing separate from drinking water. You can either buy bottled water or fill containers with tap water.

For cleaning and washing water, if possible, choose large containers such as a plastic garbage can that can hold about 20 gallons of water. Plastic containers such as plastic liters and fruit juice bottles can be also be used. To avoid getting chemicals into your drinking water, you can use containers made of non-recycled plastic. Make sure to clean them well and to mark them with the date you put the water into the container. Store containers in a cool dark place. If the water sits for six (6) months without being used, empty the containers and start over and store new fresh or purified water.

You can also recycle stored drinking water after six (6) months by purifying the water. See Purifying Water on page 40 for instructions on how to purify water.

You will need one (1) gallon of water per person each day. The table below will help you decide how many gallons of water you will need for your household for a two-week period.

2-Week Supply of Drinking Water

Number In Family/ Group	Allow 14 Gallons Per person	Total Required:
	x 14 gallons	=
		Total Gallons

Purifying Water

Purifying water means that you clean your water so it won't give you an infection. In an emergency, safe drinking water may not be on hand at all times and it will be important to have a clean source of water.

If you do not have enough clean water stored, or if a "Boil Water Order" is given because public health officials are concerned that the water may not be safe to drink or use, you will need to purify – or clean – your water. Boiling, purification tablets or solutions, and water purifiers can be used to clean water during emergencies. Boiling water is the easiest way to clean

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your water. Bring the water to a rolling boil for at least one minute before using. This will make the water safe to drink and use.

If tap water is not on hand, you can use water from other sources like rainwater, rivers, lakes, ice cubes, water pipes, toilet tank and the water heater. Do not use water from toilet bowls, waterbeds, radiators, or swimming pools or spas.

You can also clean your water by adding 1/8 teaspoon (eight (8) drops if using an eye dropper) of regular household bleach per gallon of water. Buy non-scented, colorless regular household bleach such as Clorox®, but make sure the bleach is regular bleach with 5.25%-6% sodium hypochlorite. Note: the scented products may NOT have the same concentration of sodium hypochlorite needed for disinfecting and cleaning,

Combine the 1/8 teaspoon (or eight (8) drops) bleach and water and then stir. Let the water stand for 30 minutes after you've put the bleach in and before you want to use the water. The water should smell and taste like bleach. If it doesn't, add a few more drops of bleach.

RECIPES TO MAKE BLEACH SOLUTIONS IN DIFFERENT AMOUNTS

NOTE: use regular household unscented bleach

- ▶ 1 drop of bleach per quart of water
- ▶ 8 drops (or 1/8 teaspoon) of bleach per gallon of water
- ▶ 1/2 teaspoon of bleach per 5 gallons of water
- ▶ 1 teaspoon of bleach per 10 gallons of water

Bottled water is another option for drinking or cooking. You can also get water purification tablets from camping stores or pharmacies. Follow the instructions on the packet.

Pet Owner Preparedness

Pet owners should prepare for their pets in case of a disaster or other emergency. Here are some basic preparation steps to take:

- ▶ Keep your pet's vaccinations current.
- ▶ Keep a properly fitted collar on each pet with current license and identification tags. Birds should be leg-banded.
- ▶ Consider microchipping your pets and be sure to update the microchip registration with any changes in contact information.
- ▶ Take photos of you with your pet(s) so as to be able to prove ownership if you are separated. Include photos of any identifying features of your pet(s). Store

photos and veterinary records with your other important documents, including your pet’s microchip number.

- ▶ Start a neighborhood “buddy system” so that others can check on your pets and/or evacuate them as needed if you are not available. Exchange veterinary information and file a permission slip with your veterinarian authorizing your “buddy” to get necessary emergency treatment for you pet if you cannot be located.
- ▶ Compile a disaster kit for each animal in your household (see below).

Pet Disaster Kit Checklist

The following list was adapted from the Homeland Security Pet Emergency Supply Kit (www.ready.gov) and the United Animal Nations Disaster Kit Checklist (www.uan.org). Components of a pet disaster kit would vary depending on the type of pet. Additional information about preparedness for animals can be found at www.biosecuritycenter.org.

Food
<ul style="list-style-type: none"> ▶ A two week supply in airtight, waterproof containers ▶ If using canned food, include a can opener and spoon ▶ Use and replace food every two months to avoid spoilage

Water
<ul style="list-style-type: none"> ▶ A two week supply in airtight, waterproof containers (this is in addition to what you and your family would drink) ▶ Avoid storing in direct sunlight ▶ Use and replace water on the same schedule as your household emergency supply

First aid/Medication
<ul style="list-style-type: none"> ▶ Basic animal first aid kit (depending upon the type of pet, but could include cotton bandage rolls, bandage tape and scissors, antibiotic ointment, gloves, saline solution) and pet first aid reference book ▶ At least a two week supply of any prescription medication ▶ Heartworm and flea/tick preventative, if applicable

Identification
<ul style="list-style-type: none"> ▶ Back-up collar, identification tag (can be a temporary “write-on” tag), and leash or harness. ▶ Photos of your pets that show any distinguishing features ▶ Photos of you with your pets ▶ Adoption papers and registration papers. Include information about species, breed, age, sex, color, and distinguishing characteristics. ▶ Proof of vaccinations (in case you must board your pet)

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Identification (continued)

- ▶ Microchip number if applicable
- ▶ Photos and documents should be stored in a plastic bag or water-proof container

Animal care supplies

- ▶ Crate or carrier (big enough so your pet can stand, turn around, and lie down)
- ▶ Plastic or metal no-spill food and water bowls
- ▶ Blanket, toys and treats

Cleaning supplies

- ▶ Paper towels
- ▶ Dish soap
- ▶ Plastic bags or cat litter with litter tray, newspapers

Thank you for taking the time to read this information. Every person who takes some action to be better prepared is helping to make our community better prepared.

Up-to-date information will be available at the following web sites:

Orange County Health Care Agency:
www.ochealthinfo.com/epi

U.S. Government Pandemic Flu Website:
www.pandemicflu.gov

The information provided in this booklet is based on current information as of April 1, 2008 and is subject to change.



Notes:

Fact Sheets



For more information about health issues and emergency preparedness, please visit the following Web sites:

- ▶ www.cdc.gov
- ▶ www.ochealthinfo.com
- ▶ www.pandemicflu.gov
- ▶ www.redcross.org
- ▶ www.ready.gov

This guide was adapted from the County of Santa Clara Public Health Department “Home Care Guide...Providing Care At Home During Pandemic Flu”, 2008.

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