



Caring for a sick person at home

Relieving fever, chills, aches, sore throat and headaches



- Take and record the patient's temperature in the morning and evening. Give fever-reducing medications containing acetaminophen or ibuprofen.

- Aspirin and other medications with salicylates must be avoided in anyone under age 20.

- A lukewarm bath may help reduce temperature.

- Encourage gargling with warm salt water, throat lozenges, mint teas, ice cream, sherbet or pop-sicles to ease sore throat, especially in young children.

Encourage good pulmonary hygiene to help prevent pneumonia and ease respiratory symptoms:

- Avoid prolonged bed rest.

-Have the patient change positions in bed every hour and sit in a chair or take brief walks every 2 or 3 daytime hours.

- Elevate the patient's head or upper body with cushions to ease breathing

- Provide cough syrup (if child is older than 2 years) as directed, seek medical advice for children, and provide warm beverages and/or have the ill person spend time in a steamy bathroom to ease congestion.

Relieving nausea, vomiting and diarrhea:

- Offer clear liquids in small but frequent sips (or use ice chips.) Give water, juices broths, Jell-o®, ginger ale, and decaffeinated tea as tolerated. Avoid alcohol and caffeine as these tend to dehydrate. Give fluids that contain electrolytes like Pedialyte® for children or sports drinks for adults. Anti-diarrheal and anti-vomiting medications can lead to dehydration.

-Watch for signs of dehydration like dry lips, or decreases amounts or urine (fewer wet diapers in infants) or urine that appears darker than normal. If patient has signs of dehydration or can't keep fluids down- contact your health provider.

- Once diarrhea, nausea and vomiting have stopped, offer soft bland foods like: white toast (no butter), rice, potatoes (no skin), skinless chicken and crackers.

- Avoid concentrated sugars and fatty foods.



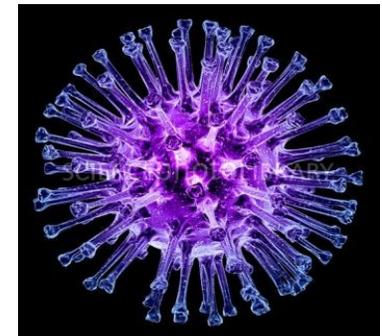
California Department of
Corrections and Rehabilitation

Office of Public and Employee
Communications



FIGHTING BACK

Against Influenza Including H1N1



January 23, 2014
(916) 445-4950



CDCR Today – Special Anti-Influenza Information

H1N1 and other strains of influenza are of concern this season as outbreaks and deaths increase in the general population. CDCR has teamed up with the California Correctional Health Care Services to remind everyone of the basics for staying healthy. **EAT WELL, REST, EXERCISE & STAY INFORMED.**



Get Vaccinated

The influenza vaccine is available at CDCR locations where TB testing is conducted and at your nearby pharmacy or healthcare provider. The current vaccine will defend you against H1N1 and other currently dominant strains of influenza. By mid-January of 2014, only 20% of all CDCR staff members were vaccinated. Experts say vaccination is the primary way to defend against becoming seriously — and perhaps fatally — ill from H1N1. For a current schedule of CDCR vaccination locations please go to <http://www.insidecdcr.ca.gov/wp-content/uploads/2014/01/TB-testing-schedule-as-of-Jan.-17.pdf>.

Cover your Cough

Please cover your nose and mouth with a tissue or—better



yet—in your sleeve, inside the bent elbow of either arm. Put used tissues immediately in the trash. Clean your hands with soap or an alcohol-based hand cleaner after coughing.

Wash Hands Frequently



Use soap for at least 20 seconds or more or use an alcohol based hand cleaner, especially after touching hard surfaces others may have touched, such as: doorknobs, pens, light switches, remote controls, keyboards, grocery carts, and after using tissues to blow your nose.

Clean Hard Surfaces



Use common household cleaning agents. Special disinfectants are not necessary.

Practice Social Distancing

- Don't shake hands & limit body contact with others.
- Avoid crowds & limit unnecessary travel.



- Limit attendance at large events and gatherings
- Sit 6 feet away from anyone who has any cold or flu symptoms.

When H1N1 Strikes, Stay Home



If you are already at work when you develop a fever, sore throat, or cough, immediately don a mask, tell your supervisor and go home.

Stay at home for a full 24 hours after your fever is gone without the use of fever reducing medicine like Tylenol® or Motrin®.

Most influenza like illness can be managed without a visit to the doctor. Congregating in doctors' offices and hospitals may increase the risk of contagion. Instead, call your doctor for medical advice.

See a Doctor ASAP if:

- The patient has difficulty breathing or chest pain, has bluish skin or lips, or has any cough producing frothy or red sputum.
- The patient has a high fever of 105° or higher in children or adults, 103° in babies 3-24 months or a rectal temperature of 100.4° in babies under 3 months old.
- The patient has a stiff neck, first time seizure, confusion and irritability, or inability to move an arm or leg.