



## When to stay home

As with seasonal flu, the best way to prevent the spread of H1N1 is to keep those who have the flu away from others.

- If your child has a fever AND sore throat or cough, they should stay home until at least 24 hours after the fever is gone.
- If your child only has a fever, or only has symptoms like vomiting, diarrhea OR sore throat, he or she should stay home until symptoms have gone away for 24 hours.



## When to see a doctor

You should use the same judgment for H1N1 as you would with seasonal flu during any other flu season. If you wouldn't normally call your health care provider for the symptoms that are present, you don't need to call them now. You should keep an eye out for warning signs for serious illness like trouble breathing, chest pain, seizures and confusion.



## Up your flu IQ

- Connecticut Flu Watch – [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) for updates and additional information
- Flu.gov – [www.flu.gov](http://www.flu.gov)

u p y o u r  
 FLU IQ 

Someone you love  
 has the flu: how  
 to care for them  
 at home.



## What to do for someone with the seasonal or H1N1 flu

Whether someone has the seasonal or H1N1 flu, the way you take care of them is the same. Symptoms for both types of flu include: fever, headache, cough, sore throat, congestion, body aches and fatigue, and can range from mild to severe.

Some people, including pregnant women and those with chronic medical conditions such as diabetes or heart disease, may be at a greater risk for severe illness from H1N1 and should get medical attention right away at the first sign of any flu-like symptoms. Most of us, however, can be safely cared for at home.



### Be prepared

Whether caring for yourself or someone else with H1N1 or seasonal flu it's important to be prepared. Learn as much as you can at [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) and keep items like fever-reducing medication (ibuprofen, acetaminophen) and plenty of fluids on hand.



### Taking care

#### *Rest*

Make sure the person you're caring for is comfortable and getting plenty of rest. If possible, make a "sick room" for people who are ill to keep them away from healthy people. Your "sick room" should have windows to help with airflow.

#### *Hydrate*

Drinking a lot of clear fluids and staying hydrated is very important in getting better from H1N1 and seasonal flu.

- Offer small amounts of fluid often, even if the person does not feel thirsty.
- If the person is vomiting, do not give any fluid or food for at least an hour. Then offer clear fluids like tea, water or even popsicles in small amounts.
- Babies who are breast-fed and vomiting can continue to nurse, but offer smaller amounts.

#### *Medicate*

Reducing fever and other flu symptoms can be done with basic non-prescription medication found at your pharmacy.

- Use ibuprofen or acetaminophen to reduce fever and help with sore throat and other symptoms.
- Never give aspirin to anyone under the age of 20 as it's linked to a life-threatening illness called Reye's syndrome.

#### *Watch*

Call the doctor right away if the person you're caring for:

- Has trouble breathing or has fast breathing.
- Has bluish color to skin or lips.
- Complains of chest pain or pressure.
- Seems confused.
- Has seizures or spasms.
- Gets worse after seeming to get better.