



STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

Video: H1N1 Video Transcript – Caring
for Someone at Home

Date: December 15, 2009

Section title:

Caring for someone at home with H1N1

Title:

Dr Lynn Sosa

CT Dept of Public Health

Dr. Sosa: Hi, my name is Dr. Lynn Sosa and I'm from the Connecticut Department of Public Health. I'm here today to talk with you about taking care of someone who's sick with the H1N1 flu in your home. Many people can be cared for safely at home.

Section title:

Who's at risk?

Dr. Sosa: There are people that are at increased risk for complications from the H1N1 virus. They include people with chronic medical conditions such as heart disease, lung problems like emphysema or chronic obstructive pulmonary disease and diabetes. Pregnant women are also at increased risk from this virus.

Section title:

How to prepare

Dr. Sosa: It is very important to be prepared. And the best way to be prepared is to get as much information as you can about the H1N1 virus. Some of the items that you can stock up at home for this flu season include fever reducing medications like acetaminophen and ibuprofen as well as clear fluids such as water, broths and sports drinks.

Title:

Fever reducing medication

Clear fluids

Dr. Sosa: It is important to remember that aspirin should never be given to anyone under the age of 20.

Section title:

Taking care of someone with H1N1

Dr. Sosa: To take care of someone who is sick with the H1N1 virus in your home, it is first important to speak with their healthcare provider. Especially if they're a person with chronic medical conditions or who are pregnant. Otherwise, it is important to make sure that the person gets plenty of rest, that they drink plenty of clear fluids, that they know how to wash their hands and cover their cough. And also, if they have a fever or other symptoms, basic medications can be used to help alleviate their fever.

Building title:

- Get plenty of rest
- Drink clear fluids
- Wash hands
- Cover coughs
- Take fever reducing medications

Section title:

When to seek immediate help

Dr. Sosa: If you are taking care of someone sick with the H1N1 virus that exhibits any of the following symptoms, please seek immediate care. These symptoms include difficulty breathing, bluish skin or lips, chest pain or pressure. Anyone that appears confused or is having convulsions. Or if the person is having any concerning symptoms.

Building title:

- Difficulty breathing
- Bluish skin or lips
- Chest pain or pressure
- Confusion or convulsions
- Any other concerning symptoms

Section title:

Stay home

Dr. Sosa: Also, it is important that anyone who is sick with the flu stay home from school or work for at least 24 hours after their fever is gone without the use of fever reducing medications like acetaminophen or ibuprofen.

Title:

Up your flu IQ logo

Dr. Sosa: You can up your flu IQ by visiting the ctfluwatch website at www.ct.gov/ctfluwatch or [by calling 211](tel:211). Thank you.

End frame:

Visit www.ct.gov/ctfluwatch

Or call 211
DPH logo