

STAYING WELL

how to protect yourself and others in your home



When caring for the person with the flu, try and keep your face at least a metre (3 feet) away, especially if he or she is coughing or sneezing.

The most important thing to remember is to

KEEP YOUR HANDS CLEAN!

Wash your hands with hot water and soap, remember to dry your hands well.

Remember to wash and dry your hands very thoroughly:

- After being around or touching the person with influenza.
- After handling clothes, linen, towels or items handled by the sick person.
- After using the toilet.
- Before eating, smoking or preparing food.

KEEPING CLEAN

cleaning to stop the spread of influenza



Influenza is a highly contagious respiratory virus. It **spreads** through the air when an infected person coughs or sneezes or by touching their hands.

- Cover your mouth and nose with a tissue when you cough or sneeze, and then throw the tissue away,

OR

- Cough or sneeze into your upper sleeve, not your hands.

You need to make sure that you take more care with household hygiene.

- **Clean surfaces touched by the person with the flu (phones, remote controls etc).**
- **Do NOT share cutlery, cups or plates with the person with the flu.**
- **Do NOT shake out dirty clothes, linen or towels used by the person with flu.**
- **Any waste, like tissues, that might be infectious should be placed with normal rubbish for collection.**

INFLUENZA



For most people with influenza, home is the best place to rest and recover.

This information will help you care for someone with influenza, tell you when to get **extra help** and help **stop others getting sick**.

IN A MEDICAL EMERGENCY, CALL 111

FLU SYMPTOMS

the flu and colds have similar symptoms



Symptoms for the cold and flu are similar.

You are more likely to have the **flu** if you have:

- A severe fever (over 38°C) lasting several days.
- A cough and sore chest.
- Severe exhaustion and aches and pains.

You are more likely to have the **cold** if you have:

- A blocked nose.
- A lot of sneezing.
- A sore throat.

Make sure the sick person comes into contact with as few people as possible, including contact between the sick person and others living in the house.

**IF YOU ARE CONCERNED ABOUT YOUR HEALTH OR THE HEALTH OF YOUR CHILD,
CALL HEALTHLINE ON 0800 611 116 FOR FREE ADVICE 24 HOURS A DAY, 7 DAYS A WEEK.**

GIVING CARE

how to care for someone with influenza



A person with the flu needs a few key things to help them recover:

- Plenty of fluids to drink - water and juice are best.
- Do not give tea or coffee.
- NO ALCOHOL.
- Use paracetamol for pain and fever, make sure you check and follow the dose limits on the packet.
- Do NOT give aspirin to children or teenagers who have the flu or flu-like sickness – it can cause serious illness.
- Light clothing and blankets, and cool flannels can help with fever.
- Lots of rest is important. The flu is a serious illness and may make you feel weak.
- Make sure you dispose of your tissues safely.

GETTING HELP

what to do if someone gets much worse



If the person you are looking after has any of these symptoms, call your family doctor for advice:

- Suddenly feeling much worse.
- Very high temperature (over 40°C or 104°F) that won't come down with paracetamol.
- Pain in the chest.
- Trouble breathing.
- Bluish colour around the lips and cheeks.
- Fainting.
- Confusion - not making sense or trouble talking in complete sentences.
- Persistent vomiting or diarrhoea.
- Develop a rash.

**IF THE PERSON STOPS BREATHING,
BECOMES UNCONSCIOUS OR
HAS SEIZURES (FITS), CALL 111.**