

HEALTH ALERT

FLU

HOW TO TAKE CARE OF SOMEONE WITH THE FLU

Influenza or the flu can affect people in different ways, but typical flu symptoms include a fever, headache, sore throat, body & muscle aches, and dehydration.

Here's what you can do to help someone who has come down with the flu.

FEVER

Fever is a very common symptom of the flu and usually last 3 to 5 days. A fever is a higher body temperature than normal – if a fever lasts for more than 3 days you should call your doctor.

To help someone with a fever:

- Use fever-reducing medicines, including Acetaminophen, Ibuprofen and Aspirin
- Keep the room cool, and the person cool with light clothing & cold washcloth masks
- Make sure they drink lots of fluids, especially water

You should call a doctor if:

- a child under 3 months of age has a fever of 110.4° F or higher
- a child 3 months to 5 years of age has a fever of 102°F or higher
- anyone over the age of 5 years has a fever of 104°F or higher

DEHYDRATION

Dehydration can occur if the person doesn't drink enough liquids, has a fever, is vomiting or has diarrhea. To help prevent dehydration:

- Drink plenty of fluids like water, fruit juice, vegetable juice, soups and broths
- Drink liquids with electrolytes such as Gatorade for adults and Pedialyte for children
- Don't drink liquids that dehydrate you, like coffee/caffeine, alcohol, etc

BODY ACHES & LETHARGY

Body aches, muscle aches and lethargy, weakness or being extremely tired can also be a symptom of the flu. To help reduce body aches, headaches and tiredness, you can do the following:

- Use fever-reducing medicines, including Acetaminophen, Ibuprofen and Aspirin, which can also help alleviate body aches and headaches
- Create a calm and relaxing atmosphere for them
- Help them adjust their position in bed or assist them in moving around a bit