



# Homecare for people with Novel H1N1 flu (swine flu)

[www.fultoncountygahalth.org](http://www.fultoncountygahalth.org)

## Recommendations:

- Check with their healthcare provider about special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma or emphysema
- Check with their healthcare provider about whether they should take antiviral medications
- Stay home for seven days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer, except to seek medical care or for other necessities
- Get plenty of rest
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands
- Wear a facemask – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from influenza.
- Avoid close contact with others – do not go to work or school while ill
- Be watchful for emergency warning signs (see below)

## Emergency warning signs

**In children, emergency warning signs that need urgent medical attention include:**

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

**In adults, emergency warning signs that need urgent medical attention include:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough