



Management of H1N1 Flu Virus in the Home

healthful



Instructions for the sick person

- Stay home until the fever is gone for 24 hours and you are feeling better. Healthcare workers should remain off work until 24 hours after all symptoms, other than a mild cough, have disappeared, usually 5 to 8 days. This may vary if treated with an antiviral.
- Minimize contact with the rest of the family by using a separate bedroom and bathroom if possible. If the bathroom must be shared, make sure you have your own towel.
- Cough into a tissue or your sleeve. Discard tissue immediately.
- Wash your hands frequently using soap and water or an alcohol-based hand sanitizer.
- Don't share anything that goes in your mouth like utensils, drinking glasses, toothbrushes or toys.
- Don't have visitors in the house.
- If you need to leave the house for a medical appointment, wear a surgical mask. These may be available at pharmacies, medical surgical supply vendors or hardware stores. Whenever you take the mask off, throw it out. Do not re-use the mask.
- Keep at least 2 metres (6 feet) away from other people.
- Do not use aspirin or aspirin-containing products for children and teenagers.
- Follow the advice of your healthcare provider. Rest, drink plenty of fluids to avoid dehydration, avoid smoke and take acetaminophen or ibuprofen for fever and aching joints or muscles. You can also call Telehealth Ontario for advice at 1 866 797-0000.

See other side for
information on when to seek medical care.

Questions?

613-933-1375
or 1 800 267-7120
Ask for the
Health Line.

Instructions for caregivers

- If possible, only one family member should care for a sick person. Pregnant women should avoid providing care to others.
- Have as little close contact as possible with the sick person. Stay at least 2 meters (6 feet) away from the sick person if possible.
- When holding a small child who is sick, place his or her chin on your shoulder so that the child does not cough in your face.
- Have the sick person wear a surgical mask to control the spread of the virus. If the sick person cannot wear a mask, encourage the use of a tissue when coughing or sneezing. Dispose of the tissue immediately.
- Wash your hands frequently with soap and water or an alcohol-based hand sanitizer. Be sure also to wash after each time you care for the sick person. If you wear a mask, wash your hands before putting it on and after removing your mask.
- Provide extra cleaning in frequently touched areas: table tops, keyboards, doorknobs, counter tops, remote controls, telephones, light switches, etc. Dishwashing and laundry can be done as usual.

Instructions for all household contacts

- Watch for symptoms that include: fever, cough, sore throat, sore muscles, joint pain, fatigue, and sometimes diarrhea and vomiting.
- At the first sign of illness, stay at home and call your healthcare provider. You can also call Telehealth Ontario for advice at 1 866 797-0000.



When to Seek Emergency Medical Care

Seek emergency medical care if the sick person:

- ▶ has difficulty breathing or has chest pain
- ▶ has purple or blue discolouration of the lips
- ▶ is vomiting and is unable to keep liquids down
- ▶ has signs of dehydration such as dizziness when standing, absence of urination or, in the case of an infant, a lack of tears when he or she cries
- ▶ has a seizure
- ▶ is less responsive than normal or becomes confused

