

Home Care for Pandemic Flu

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a **new** flu virus that had not been harmful to people before. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

If you are caring for a loved one during a pandemic, take steps to protect yourself and others. Listen for information on how to care for a person ill with pandemic flu from local and state officials.

The signs of seasonal flu are fever, cough, runny nose and muscle pain. The signs of pandemic flu are the same, but they may be more severe and affect more people. If you or a loved one has signs of pandemic flu, stay home and avoid contact with others. The flu virus is spread when contaminated droplets leave the mouth and nose of an infected person and the virus comes in contact with others.

Gather these supplies to prepare for pandemic flu:

- Thermometer
- Surgical masks (one for each person)
- Soap
- Alcohol based hand sanitizer
- Paper towels
- Tissues
- A disinfectant cleaner or a cleaner with bleach
- A box of disposable gloves
- Cans of soup and broth
- Fluids with electrolytes and vitamins such as sports drinks like Gatorade and Powerade
- Fever reducing medicine such as acetaminophen or ibuprofen

流行感冒的家中护理

当很多人同时得一种病时，这被称为流行病。人由一种以前对人无害的新感冒病毒而致病或受感染，这引起流行感冒。这一类感冒容易以人际方式传播并能引起许多人生重病或死亡。

如果你在流行病期间正照顾一位亲人，请采取措施保护你自己和其他人。请收听地方和州官员有关如何护理流行感冒患者的信息。

季节性感冒的症状是发烧、咳嗽、流鼻涕和肌肉疼痛。流行感冒的症状是相同的，但症状可能会更严重并影响更多的人。如果你或一位你亲人有流行感冒症状，请呆在家中并避免与其他人接触。感冒病毒的传播是通过受感染者口鼻中散出飞沫，然后病毒与其他人接触。

收好这些物品以为流行感冒作准备：

- 温度计
- 手术用口罩(每人一个)
- 肥皂
- 酒精洗手剂
- 擦手纸
- 纸巾
- 消毒清洁剂或含漂白剂的清洁剂
- 一盒一次性用手套
- 罐头汤和罐头浓汤
- 含电解质和维生素的液体，如运动饮料 Gatorade 和 Powerade
- 如止痛片或布洛芬的降烧药

Caring for a Loved One

- Call your doctor to report your loved one's flu signs. Your doctor will give you advice about home care or tell you if emergency care is needed.
- Write down the date, time, fever, signs, medicines given and dosage. Make a note when his or her signs change.
- Give plenty of fluids to prevent dehydration, which can be serious. Make sure the ill person drinks plenty of fluids, ice and foods such as soup and broth at the first sign of the flu. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes and vitamins such as sports drinks like Gatorade and Powerade.
- If fluids make nausea worse, give one sip at a time until his or her nausea improves.
- Medicines to ease the signs of the flu, such as antiviral medicines, may be ordered by your doctor.
- To help reduce a fever give:
 - Plenty of fluids.
 - Fever reducing medicine, such as acetaminophen or ibuprofen. Do not give aspirin to anyone younger than 20 years old.
 - A sponge bath with lukewarm water.
- Be sure all family members get enough rest. Avoid use of alcohol and tobacco products to stay healthy.

Call your doctor again if your loved one has:

- A fever over 105°F (40.5°C) for adults or children over 2 years
- A fever over 103°F (39.4°C) for babies 3-24 months
- A rectal temperature of 100.4°F (38°C) or higher for babies younger than 3 months
- Shaking chills
- A cough that produces thick mucus
- Signs of dehydration such as dry mouth or great thirst
- Worsening of other medical conditions such as heart disease or diabetes

照顾一位你亲人

- 打电话给你的医生报告你亲人的感冒症状。你的医生将告知你家庭护理知识或是否需要急诊护理。
- 请记录日期、时间、发烧、症状、用药和剂量。患者症状改变时请作一个记录。
- 让喝大量液体以防脱水，脱水可能会是严重情形。一出现感冒症状，就请保证患者进食大量液体、冰和食物，如汤和浓汤。如果你亲人有腹泻或呕吐，给饮含电解质和维生素的液体，如运动饮料 **Gatorade** 和 **Powerade**。
- 如果液体使患者更加恶心，一次给饮一小口直到其恶心好转。
- 可要你的医生开减轻感冒症状的药物，如抗病毒药。
- 为帮助降烧，请用：
 - 大量液体。
 - 如止痛片或布洛芬的降烧药。不要给任何 20 岁以下的人服用阿斯匹林。
 - 洗一个温水海绵浴。
- 保证所有家庭成员都得到充分休息。避免饮酒和使用烟草产品，以保持健康。

如果你亲人有下列症状，请再次打电话给你的医生：

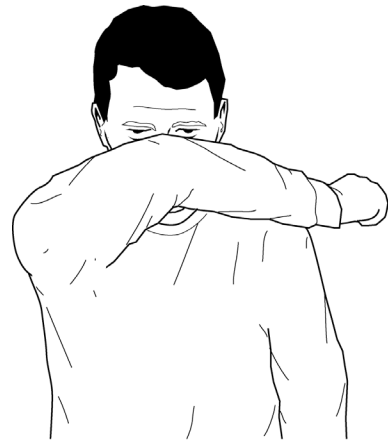
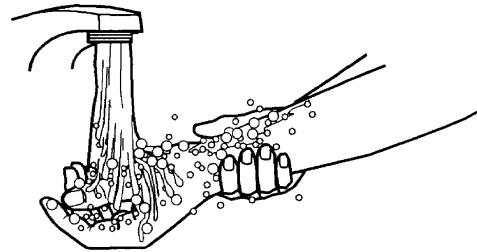
- 成人或两岁以上的孩子有超过华氏 105 度(摄氏 40.5 度)的发烧
- 3-24 个月的婴儿有超过华氏 103 度(摄氏 39.4 度)的发烧
- 3 个月以下的婴儿有华氏 100.4 度 (摄氏 38 度) 或更高的肛测温度
- 寒冷发抖
- 咳出浓痰的咳嗽
- 脱水症状，如口腔干燥或极其口渴
- 其他病况恶化，如心脏病或糖尿病

Call 911 or go to the emergency department if your loved one has:

- Confusion
- Problems with breathing or chest pain
- Bluish skin
- Stiff neck
- Not able to move an arm or leg
- Seizures

To prevent the spread of the flu virus to others:

- Have the infected person and caregiver wear a surgical mask.
- Wash your hands with soap and warm water before and after providing care or touching items that may have germs on them.
 - Wash your hands briskly for 15 seconds.
 - Clean under your nails.
 - Use paper towels to dry your hands so you do not spread germs on shared towels.
 - Use a paper towel to turn off the faucet.
 - Apply alcohol based hand sanitizer. Put enough liquid on your hands to moisten the front and back of your hands and fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands 15-30 seconds or until your hands are dry.
- Cover your mouth and nose with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.
- Keep your hands away from your eyes, nose and mouth.
- Keep everyone's personal items separate.

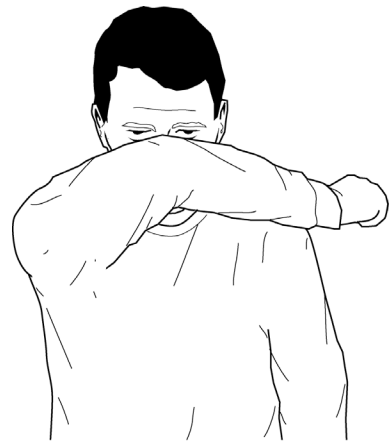
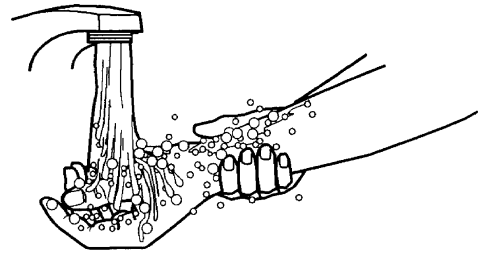


如果你亲人有以下症状，请打 911 或去急诊部：

- 意识混乱
- 呼吸困难或胸痛
- 皮肤发青
- 颈部僵硬
- 一只手臂或一条腿不能移动
- 惊厥

若要防止将感冒病毒传给其他人：

- 请让患者和护理者戴手术用口罩。
- 在提供护理或触碰可能带菌的物品之前和之后，请用肥皂和温水洗手。
 - 用力洗手 15 秒钟。
 - 请清洁指甲内。
 - 用擦手纸擦干双手，这样你不会将细菌擦拭在公用毛巾上。
 - 用一张擦手纸把水龙头关掉。
 - 请用酒精基手清洁剂。在手上倒足量清洁液，将手掌、手背和手指都弄湿。用力擦清洁液，好似你在洗手一样。务必将你的手指间都弄湿。擦手 15-30 秒，或直到手干燥为止。
- 当你咳嗽或打喷嚏时请用纸巾掩住口鼻，以防将细菌扩散到你周围。丢掉纸巾并洗手。如果你没有纸巾，请低头向内或以手臂掩住咳嗽或打喷嚏。
- 不要用手触碰你的眼、鼻和嘴。
- 个人物品应分开。



- Avoid sharing items such as food or eating utensils, toys, computers, pens, papers, clothes, towels, sheets or blankets, unless they are disinfected.
- Clean surfaces such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water with one part bleach.
- Use detergent and very hot water to wash dishes or clothes. Dishes used by sick people can be safely washed with dishes used by others if detergent and very hot water are used. The same is true for washing laundry.
- Wear disposable gloves when cleaning up body fluids then wash your hands.

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- 避免共用食物或器具，如玩具、计算机、钢笔、纸、衣服、毛巾，床单或毯子，除非消毒过则例外。
- 请用消毒清洁剂或含漂白剂的清洁剂清洁表面，如台面、水池、水龙头、门把、电话和灯的开关。你也可自己用水和漂白剂进行混合。混合十份水和一份漂白剂。
- 用洗涤剂和很热的水洗碗盘或洗衣服。如用清洁剂和很热的水，病人用的碗盘与其他人的碗盘一起洗很安全。待洗衣物也可同样处理。
- 清洗体液时请戴一次性手套，然后洗手。

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