

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

流行感冒的家中護理

當很多人同時得一種病時，這稱為流行病。人由一種以前對人並無害的新感冒病毒而致病或受感染，這引起流行感冒。這一類感冒容易以人際方式傳播並能引起許多人生重病或死亡。

如果在流行病期間你正照顧一位親人，請採取措施保護你自己和其他人。請收聽地方和州官員有關如何護理流行感冒患者的資訊。

季節性感冒的症狀是發燒、咳嗽、流鼻涕和肌肉疼痛。流行感冒的症狀是相同的，但症狀可能會更嚴重並影響更多的人。如果你或一位親人有流行感冒症狀，請呆在家中並避免與其他人接觸。感冒病毒的傳播是透過受感染者口鼻中散出飛沫，然後病毒與其他人接觸。

收好這些物品以為流行感冒作準備：

- 溫度計
- 手術用口罩(每人一個)
- 肥皂
- 酒精洗手劑
- 擦手紙
- 紙巾
- 消毒清潔劑或含漂白劑的清潔劑
- 一盒一次性手套
- 罐頭湯和罐頭濃湯
- 含電解質和維生素的液體，如運動飲料 Gatorade 和 Powerade
- 如止痛片或布洛芬的降燒藥

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

照顧親人

- 打電話給你的醫生報告你的親人的感冒症狀。你的醫生將告知你家庭護理知識或是否需要急診護理。
- 請記錄日期、時間、發燒、症狀、用藥和劑量。患者症狀改變時請作一個記錄。
- 讓喝大量液體以防脫水，脫水可能會是嚴重情形。一出現感冒症狀，就請保證患者進食大量液體、冰和食物，如湯和濃湯。如果你的親人有腹瀉或嘔吐，給飲含電解質和維生素的液體，如運動飲料 Gatorade 和 Powerade。
- 如果液體使患者更加噁心，一次給飲一小口直到其噁心好轉。
- 可要你的醫生開減輕感冒症狀的藥物，如抗病毒藥。
- 為幫助降燒，請用：
 - 大量液體。
 - 如止痛片或布洛芬的降燒藥。不要給任何 20 歲以下的人服用阿斯匹林。
 - 洗一個溫水海綿浴。
- 保證所有家庭成員都得到充份休息。避免飲酒和使用煙草產品，以保持健康。

如果你所愛的人有下列症狀，請再次打電話給你的醫生：

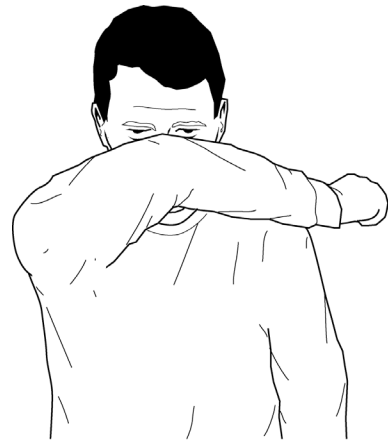
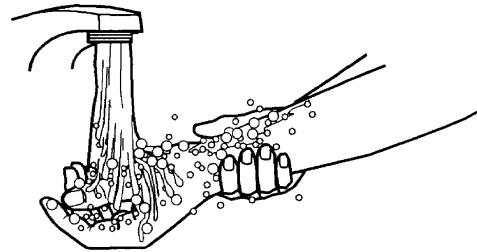
- 成人或兩歲以上的孩子有超過華氏 105 度(攝氏 40.5 度)的發燒
- 3-24 個月的嬰兒有超過華氏 103 度(攝氏 39.4 度)的發燒
- 3 個月以下的嬰兒有華氏 100.4 度 (攝氏 38 度) 或更高的肛測溫度
- 寒冷發抖
- 咳出濃痰的咳嗽
- 脫水症狀，如口腔乾燥或極其口渴
- 其他病況惡化，如心臟病或糖尿病

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.

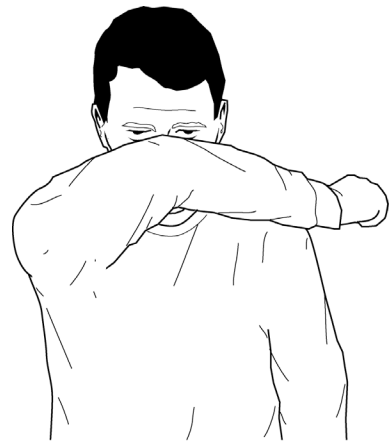
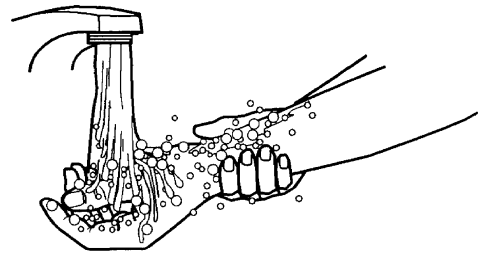


如果你的親人有以下症狀，請打 911 或去急診部：

- 意識混亂
- 呼吸困難或胸痛
- 皮膚發青
- 頸部僵硬
- 一隻手臂或一條腿不能移動
- 驚厥

若要防止將感冒病毒傳給其他人：

- 請讓患者和護理者戴手術用口罩。
- 在提供護理或觸碰可能帶菌的物品之前和之後，請用肥皂和溫水洗手。
 - 用力洗手 15 秒鐘。
 - 請清潔指甲內。
 - 用擦手紙擦乾雙手，這樣你不會將細菌擦拭在公用毛巾上。
 - 用一張擦手紙把水喉關掉。
 - 請用酒精基手清潔劑。在手上倒足量清潔液，將手掌、手背和手指都弄濕。用力擦清潔液，好似你在洗手一樣。務必將你的手指間都弄濕。擦手 15-30 秒，或直到手乾燥為止。
- 當你咳嗽或打噴嚏時請用紙巾掩住口鼻，以防將細菌擴布到你週圍。丟掉紙巾並洗手。如果你沒有紙巾，請低頭向內或以手臂掩住咳嗽或噴嚏。
- 不要用手觸碰你的眼、鼻和嘴。
- 個人物品應分開。



- 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、電腦、鋼筆、紙、衣服、毛巾，床單或毯子，除非消毒過則例外。
- 請用消毒清潔劑或含漂白劑的清潔劑清潔表面，如檯面、水池、水喉、門把、電話和燈的開關。你也可自己用水和漂白劑進行混合。混合十份水和一份漂白劑。
- 用洗滌劑和很熱的水洗碗盤或洗衣服。如用清潔劑和很熱的水，病人用的碗盤與其他人的碗盤一起洗很安全。待洗衣物也可同樣處理。
- 清洗體液時請戴一次性手套，然後洗手。

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Home Care Pandemic Flu. Traditional Chinese.