

HOME CARE GUIDE...

Providing Care At Home



**Minneapolis Department of Health
and Family Support**



**Provided by the
Minneapolis Department of Health and Family Support.**

www.minneapolismn.gov/health



If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email health.familysupport@ci.minneapolis.mn.us. Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Attention: If you have any questions regarding this material please call Minneapolis Department of Health and Family Support 612-673-2301. Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800; Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama 612-673-2700; Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500.

**For Hmong, Somali, and Spanish translations of this book, go to
www.minneapolismn.gov/health and click on Public Health Emergency Preparedness.**

Table of Contents

HOME CARE GUIDE

Providing Care At Home

Introduction

Prevention

Why Should I Prepare?
Stop Germs from Spreading
Be Informed
Be Ready
Be as Healthy as Possible
Stay Home When Ill
An Important Note

Preparing Your Home

About Flu Symptoms
Pregnancy and Chronic Diseases or Conditions
Isolating or Separating a Sick Person at Home
Making Your Own Sanitizing Solutions

Providing Care at Home

Keep a Home Care Record
Be Prepared! Keep These Items on Hand
About Fever
Taking a Temperature
Treating and Reducing a Fever
About Dehydration
Giving Liquids
Acceptable Liquids
Things to Avoid
Dehydration Prevention and Treatment Chart
Recipes for Oral Rehydration Solutions
Measuring Vital Signs
About Other Symptoms
When to Call 911
Calling for Medical Advice

Home Care Supplies

Emergency Supplies for Pregnant Women
General Emergency Supplies Checklist
Home Care for the Ill Supplies Check List
Emergency Food Supplies
Emergency Food Supplies Checklists
Storing Water
Purifying Water



INTRODUCTION

Introduction

Emergency situations such as flooding, tornadoes, winter storms and serious illness concern many of us. There is evidence that being prepared makes a difference, even in emergencies that we cannot control. The Minneapolis Department of Health and Family Support encourages everyone to plan, prepare and practice for emergencies. Having an emergency weather radio, being able to care for family or neighbors and volunteering during a disaster are all ways we cope better with emergencies.

The Minneapolis Department of Health and Family Support has developed this guide to share information and suggestions about how to prepare and care for yourself, your family and your home before, during and after an emergency. While most emergency situations cannot be avoided, they may be less serious with proper planning. We need the right supplies, including medicines, in the right amounts, available at home. We need to know how to care for a sick person and how to reduce the spread of disease. We also need to know when to call for medical advice or assistance.

The information and suggestions for caring for a sick person at home are useful at ALL times, not just during an emergency. Knowing how and preparing to care for a sick person at home is an important, but sometimes forgotten, part of health care. When appropriate, care at home can be successful and much more comfortable and soothing for the sick person.

We hope you find this guide useful and informative.

Sincerely,

A handwritten signature in black ink, reading "Gretchen Musicant". The signature is fluid and cursive, with the first name "Gretchen" and the last name "Musicant" clearly distinguishable.

Gretchen Musicant, Minneapolis Commissioner of Health



PREVENTION

PREVENTION

Prevention

Why Should I Prepare?

By preparing, we can reduce the chances of getting sick and help limit the spread of disease.

Stop Germs from Spreading

By doing a few simple things, we can stop the spread of germs and viruses:

- Clean your hands often with soap and water or hand sanitizer (when returning home, before touching your eyes or face, before fixing food, after using the bathroom, after caring for an ill person, after blowing your nose or covering your cough/sneeze, etc.).
- Cough or sneeze into your sleeve or cover your mouth or nose with a tissue when coughing or sneezing. Put used tissues in the trash and clean your hands.
- Stay home when you are sick. Stay away from others as much as possible.
- Keep sick children home from school.
- Avoid close contact with people who are sick.
- Stay healthy. Eat nutritious food, stay active and avoid tobacco.
- Get a seasonal flu shot.

Be Informed

Follow safety instructions from the health department and other authorities. It is important to stay informed. Read and listen to the news and check the web sites **at the end of this book**.

Be as Healthy as Possible

Get a seasonal flu shot. Eat nutritious food. Stay active and avoid tobacco. Wash your hands often, cover your sneezes/coughs, and do not share drinks or utensils.

Be Ready

Prepare a household emergency plan. Stock prescription medicine. Stock supplies and over-the-counter medicines. Learn and practice how to care for a sick family or household member including how to separate them at home, how to check temperature and pulse rate and when to call for medical advice. (Ask your doctor or nurse for help with these skills.) Learn how to control the spread of disease in your own home. Get copies of important documents in case they are needed in an emergency. Prepare supplies.

Stay home from work or school while ill. To protect others from getting sick, public health officials recommend that a sick person stay home during and after an illness. The CDC currently recommends that people with an infectious illness remain at home until at least 24 hours after they are free of fever or signs of a fever *without the use of fever-reducing medications*.

AN IMPORTANT NOTE

Please remember that most people will survive illness during emergencies. Be prepared to give the best care possible to your family and household members who get sick. The information provided in the following pages will help you prepare so you are better able to care for your loved ones at home.





PREPARING YOUR HOME

PREP YOUR HOME

Preparing Your Home

Most ill people are cared for at home by another person who lives in the same home. This section gives you information about symptoms and how to prepare your home.

About Flu Symptoms

It's important to watch for the first signs of influenza in a family or household member. The sooner you start caring for the sick person, the better. When the first signs of illness appear, take action to control the spread of disease in your home.

Symptoms of influenza may develop very quickly and without much warning. Symptoms may start with a sudden high fever, body aches, chills and feeling tired. Severe disease with pneumonia is possible. Some people, such as pregnant women and persons with chronic medical conditions, are more likely to develop a severe illness from a flu infection. Symptoms may include:

- Sudden fever higher than 100.4°F (38°C)
- Chills
- Muscle aches or pain
- Headache
- Feeling of weakness and/or exhaustion

- Cough or sore throat
- Runny or stuffy nose
- Signs of dehydration such as decreased urine, dry mouth & eyes, dizziness, etc.
- Diarrhea, vomiting, abdominal pain (may happen at any time in children)

When people are sick with influenza, they should rest and drink plenty of liquids. A person with flu may be able to spread illness for at least five (5) days and maybe as long as 14 days after the first sign of being sick.

Pregnancy and Chronic Diseases or Conditions

Pregnant women and people with chronic diseases or conditions are at risk for medical complications because of influenza. Chronic diseases and conditions include asthma, cardiovascular disease, diabetes, immuno-compromising conditions, renal failure, and severe neuromuscular disease.

It is important to monitor a pregnant woman or a sick adult or child with a chronic disease or condition very closely. Women who are pregnant should keep in contact with their prenatal care provider. Anyone with a chronic disease or condition should also keep in close contact with his or her medical providers.

Please remember that while medical complications are more common in people with chronic diseases or conditions, they can happen with anyone who is sick with influenza or another contagious illness.

Isolating or Separating a Sick Person at Home

Influenza or other contagious illnesses can be spread by being near someone who is ill and coughing or sneezing, or by touching things the ill person has touched. Some illnesses such as flu can be easily spread. When an adult or child is sick with an infection that can spread to others, they need to be separated from people who are not sick.

By separating the ill person in your home, and doing the following things, you can help limit the spread of illness in your home.

- Separate the ill person(s) within your home. Choose a room in your home where the ill person or persons can stay for the entire time that he or she is sick. Rooms for the ill person should have windows that open to circulate air, as well as natural (sun) light and a door that shuts. The door should be kept closed. Try to choose a room with a bathroom that is attached or nearby. It is best if those who are not sick use a separate bathroom.

- Make one person in the household the main caregiver.

The main caregiver should be the only person going in and out of the ill person's room, bringing meals, drinks, and medicine. Other household members should have no contact, or very limited contact, with the ill person. Do not have visitors while the person is ill. The main caregiver should also closely watch the symptoms of the illness and call the medical provider if symptoms change or get worse. *See **Calling for Medical Advice on page 38*** for more information about when to call your medical provider.

- Sick persons should be separated during the time they can spread the illness. For influenza, this period of separation is likely to last at least five (5) days and may last up to 14 days. If you have to take the sick person out of their home, for example for medical appointments, the sick person should cover their mouth and nose with their sleeve or tissues when coughing or sneezing. Always make sure the sick person cleans his/her hands after coughing or sneezing or touching dirty tissues.

- Clean your hands often. This is the best way to prevent infection from spreading. Clean your hands when arriving

home from work, school or other activities. Clean your hands after touching the ill person or items in their room, especially things that have nose or mouth secretions, vomit, feces or urine on them. Clean your hands after coughing or sneezing or touching dirty surfaces. Clean your hands before eating and after using the bathroom.

- Wash your hands with liquid soap and warm water for at least 20 seconds (Bar soap can spread germs: if you only have bar soap, do not share the bar with the ill person). Or, if hands do not have dirt or food on them, you can use an alcohol-based hand sanitizer like Purel® to clean your hands.
- Influenza viruses can enter your body through your eyes, nose or mouth. Do not touch your eyes, nose, or mouth unless you clean your hands first.
- Everyone, especially the ill person, should cover their nose and mouth with their sleeve or a tissue when sneezing or coughing. Tissues should be placed in a plastic bag after use. The bag should be tied or knotted and thrown away with other household garbage. Clean your hands after throwing away a tissue.

- Do not share personal items with the ill person. Personal items include eating utensils, cups, computers, phones, pens, clothes, towels, blankets, and bed sheets.
- Infectious diseases, including influenza, can be spread through contact with the ill person or things in an ill person's environment. Influenza virus and other germs can be killed by regular household disinfectants (follow package instructions) or bleach solution mixed fresh daily. **See *Making Your Own Sanitizing Solutions* on page 15.**
- Clean and disinfect common area surfaces. Clean surfaces and items touched by ill persons at least once a day or when soiled by body fluids. Use a household disinfectant. On a daily basis, clean surfaces and things that are used or touched often, such as door knobs and handles, light switches, microwaves, phones, remote controls, toilet seats and handles, faucets, toys and other surfaces that are commonly touched around the home or workplace. Use a labeled household disinfectant (follow directions) or a chlorine bleach mixture, mixed fresh daily. **See *Making Your Own Sanitizing Solutions* on page 15.**

-
- Clean your hands with liquid soap and water or an alcohol-based hand rub after wiping surfaces.
 - Get fresh air and sunshine into the room. Fresh air and sunshine can help cut down the amount of germs in the room. When possible, open windows to bring in fresh air. This should be done at least a few times a day for 10 to 15 minutes each time. It should be done in all rooms of the house, especially in the ill person's room.
 - Wash dishes and eating utensils with warm water and dish soap, by hand or in a dishwasher. It is not necessary to separate dishes and eating utensils of sick and healthy persons as long as they are washed thoroughly. Make sure the dishes and eating utensils are clean! Allow the dishes to air dry before using again. If you don't have hot water or soap, *see Making Your Own Sanitizing Solutions on page 15.*
 - Wash laundry with detergent and hot/warm water. Everyone's clothes can be washed together. Handle dirty laundry carefully so that you do not spread the illness.

Do not shake dirty laundry or “hug” it to yourself. Always clean your hands with warm water and soap or hand sanitizer, after handling dirty laundry.

MAKING YOUR OWN SANITIZING SOLUTIONS

If you do not have store-bought disinfectants on hand, you can make your own sanitizing solutions with clean water.

Sanitizing Solution for general cleaning and

disinfecting: Use 1/2 teaspoon of household bleach per quart of water.

Rinsing Solution for washing dishes in cold water:

Use 1 tablespoon of household bleach per gallon of water.

Notes:.....
.....
.....



PROVIDING CARE AT HOME

CARE AT HOME

Providing Care at Home

Most adults and children who are sick will be cared for by another person in the same household. It is important for the caregiver to know how to do certain things. This section gives the caregiver information about how to keep a home care record, take a temperature, treat and reduce fevers, look for signs of dehydration, give fluids to a sick person, and when to call for medical advice.

Call 911 or your health care provider if symptoms are getting worse.

Keep a Home Care Record

Keeping a home care record for each ill person is important. Write down the date, time, fever, symptom, medicines given and dosage. Record changes in symptoms and new symptoms. Record what the ill person drinks and how much. Record number of times the ill person urinates (pees) or number of wet diapers for an infant. Make a new entry at least twice a day or when symptoms change. This information will be very helpful if you need to call your medical provider.

Be Prepared! Keep These Items on Hand:

Table salt and sugar

Fluids: broth, juice, tea, sports drinks, etc.

Fever medication*: Acetaminophen (Tylenol®) or

Ibuprofen (Motrin®)

Diarrhea medication* such as Loperimide (Imodium®)

Nausea and vomiting medication*

Thermometers and thermometer covers

Household disinfectant and bleach

** Follow package directions for dosage and intervals between doses*

About Fever

Fever is usually caused by an infection. Infections can be caused by a number of things, including flu viruses. Fever is the body's normal response to an infection and helps fight the virus.

The body's average oral temperature is 98.6°F (37°C), average rectal and ear temperatures are 99.6°F (37.5°C), and average armpit (axillary) temperature is 97.6°F (36°C). Body temperature is usually lowest in the morning and highest later in the day. A mild rise in temperature of 100.4° F to 101.3°F can be caused by exercise, excessive clothing, a hot bath or hot weather. Warm food or drink can also raise body temperature.

You can expect most flu fevers to last between two (2) and three (3) days. The normal range for fever is between 101°F (38.3°C) and 104°F (40°C) and even higher (up to 106°F) in children. When a person has the flu, the fever may last up to five (5) days.

A high fever can be dangerous and can lead to losing too much fluid or dehydration. Consult your health care provider for worrisome fevers. Worrisome fevers include fever for:

- **Infants under 3 months of age with a rectal temperature of 100.4°F (38°C) or higher**
- **Babies 3 to 24 months old with a rectal temperature of 103°F (39.4°C) or higher**
- **Children and adults with an oral temperature of 104°F (40°C) or higher**

Taking a Temperature

Temperatures can be taken from different parts of the body: mouth, rectum, ear or armpit. Getting an accurate temperature can take some practice. Of the kinds of temperatures you can take, rectal temperatures are the most accurate. Oral temperatures (in the mouth) are also accurate if they are done properly. Ear temperatures can vary in accuracy due to things such as age (less accurate for infants and toddlers), ear wax or the technique used in taking an ear temperature. Taking a temperature at the armpit is the least accurate. A rectal temperature is best for a child younger than four (4) years old and for anyone who cannot keep their mouth closed around the thermometer or cannot hold a thermometer safely in their mouth. For anyone older than four (4) years old, who can hold the thermometer, it's usually best to take his or her temperature by mouth.

Tips for Taking a Temperature

- **Never** use a thermometer to take an oral temperature after it has been used to take a rectal temperature—even if it has been cleaned.
- Take a temperature at the same time every day. Temperatures vary during the day and are often highest at night
- Choose a type of thermometer that is easy for you to use. Follow directions for your thermometer.
- Use different thermometers for each person, if possible.
- Use a disposable cover for each use; do not reuse disposable covers. If you don't have a cover, clean the thermometer after each use with cool, soapy water. Let it dry.
- Do not take an oral temperature if the ill person is unable to keep their mouth closed around the thermometer when their temperature is being checked.
- The ill person should not smoke or eat/drink anything hot or cold for at least 10 minutes before taking an oral temperature.
- Clean your hands after touching the thermometer!

There are Generally Two Kinds of Thermometers

- **Digital Thermometer**

A digital thermometer records temperatures with a heat sensor and runs on a button battery. Digital thermometers can measure a temperature in usually less than 30 seconds. The temperature is displayed in numbers on the screen.

- **Glass Thermometer**

With a glass thermometer, you must shake it until the mercury line is below 98.6° F (37° C). To read a glass thermometer, find where the mercury line ends by turning the thermometer until you can see the mercury line. (Glass thermometers are not recommended because they contain mercury. Mercury is toxic and can be released if the thermometer breaks. Do not throw it in the trash. Call your local Poison Control center for disposal instructions.)

Taking a Temperature Correctly

Taking Rectal Temperatures

Use a disposable cover on a digital thermometer. Have the child lie down on your lap or on a flat covered surface such as a bed, with stomach down. Apply some petroleum jelly to the end of the thermometer and to the opening of the anus. Spread the buttocks with

one hand and gently insert thermometer into the rectum about ½ to 1 inch into the rectum with the other hand. Do not force the thermometer into the rectum. Hold the thermometer in place with 2 fingers close to the rectum (not near the end of the thermometer). Press the buttocks together to help keep the thermometer in place. Do not leave the child alone. Follow thermometer instructions or leave the thermometer in the child's rectum for 2 minutes. Remove and read the thermometer. Throw the disposable cover in the trash. Clean your hands.

If the rectal temperature is over 100.4° F (38.0° C), the child has a fever.

Taking Oral Temperatures

Make sure the sick person has not had a drink - cold or hot - within the last 10 minutes. Use a disposable cover. Place the tip of the thermometer under the tongue, to one side and toward the back. Hold the thermometer in place with lips closed tightly and fingers (not teeth) and breathe through the nose, keeping the mouth closed. Leave it inside the mouth for three (3) minutes or follow thermometer instructions. Remove and read the thermometer. Throw disposable cover in the trash. Clean thermometer and your hands. (If the ill person cannot close his or her mouth because of a stuffy nose, clean the nose out before taking the temperature or do a rectal temperature.)

If the oral temperature is over 99.5° F (37.5° C), the person has a fever.

Taking Oral Temperature with a Digital Electronic Pacifier Thermometer

With a pacifier thermometer, have the child suck on the pacifier until it reaches a steady state and you hear a beep. This usually takes three (3) to four (4) minutes.

If the temperature is over 100°F (37.8°), the child has a fever.

Taking Ear Temperatures

Be sure the sick child has not been outdoors on a cold day or has been inside for at least 15 minutes before taking the temperature. If the probe is not clean, wipe gently with a dry cloth. Do not put it in water. Use a disposable cover. This method is not accurate for infants less than one year old. For infants older than one and younger than 2 years old, pull the earlobe down and backward to straighten the ear canal. For children older than 2 and adults, pull the earlobe up and back. Place the end of the ear thermometer into the ear canal, aim the probe toward the eye on the opposite side of the head and press gently inward toward the eardrum. Then press the button. In about two (2) seconds you can read the temperature. Wipe the probe with a dry cloth. Clean your hands.

If the temperature is over 100.4°F (38°C), the child has a fever.

Taking Armpit (Axillary) Temperatures

Place the tip of the thermometer in the center of the armpit. Press the arm against the body. Follow thermometer instructions for how

long to leave it in the armpit. Remove and read the thermometer. Throw away the disposable cover, if used, or clean and dry the cover right away.

If the temperature is over 100.4°F (38°C), the child has a fever.

Treating and Reducing a Fever

Fever is one of the body's ways of fighting infection. Treat a fever only if necessary for safety or comfort.

A high fever can be dangerous and can lead to losing too much fluid or dehydration. Consult your health care provider for worrisome fevers. Worrisome fevers include fever for:

- Infants under 3 months of age with a rectal temperature of 100.4°F (38°C) or higher.
- Babies 3 to 24 months old with a rectal temperature of 103°F (39.4°C) or higher.
- Children and adults with an oral temperature of 104°F (40°C) or higher.

To treat and reduce a fever, give the sick adult or child extra liquids, especially water. Remove extra clothing. You may give fever-reducing medicines.

Remember, the fever needs to run its course to help the body fight infection. **Please see *Calling for Medical Advice on page 38.***

Drink Lots of Liquids

Encourage the sick person to drink extra liquids, especially water. Popsicles, iced drinks and ice cubes are also helpful. Body fluids are lost during fevers because of sweating. By drinking extra liquids you can replace the lost body fluids.

Remove Extra Clothing

Clothing can be kept to a minimum to allow heat to be lost through the skin. If the sick adult or child feels cold or is shivering (the chills), give them a blanket to make them comfortable.

May Use Fever-Reducing Medicines

Medicines such as acetaminophen (**Tylenol**®) or ibuprofen (**Motrin**®) work well for reducing fever. It is better to use these medicines only if the sick person doesn't feel well or if the fever is very high or is preventing the sick person from taking liquids.

Two hours after a sick adult or child has been given this medicine, the fever is usually reduced 2° to 3°F (1° to 1.5° C).

Follow package directions for dosage and intervals between doses.

Do not give aspirin to children or teenagers. It can cause Reye syndrome, which is a very serious illness affecting the liver and the brain.

Children and infants can be given an over-the-counter fever medicine containing either acetaminophen or ibuprofen. These medicines are available in both liquid and chewable forms. You should give the correct dosage for the child's weight or age as listed on the bottle. **For children under 2 years of age, ask your health care provider for advice on products and dosages.**

Do not give acetaminophen (Tylenol®) to persons with liver disease, unless their healthcare provider prescribes it. For liquid medicines, use the measuring cap that comes with the bottle to be sure that you are giving the right dose and do not use the cap with other products. It is important to follow the bottle instructions and not give these medicines more often than the instructions recommend. You will need to keep giving the medicine while the child still has a worrisome fever. Stop giving fever medicines once the worrisome fever is over.

Do not mix or combine different acetaminophen and ibuprofen medicines. This will not help reduce the fever and can cause poisoning. If you are already using a fever-reducing medication, be sure that you are not combining it with other medicines such as over-the-counter cold and flu medicines that also contain acetaminophen or ibuprofen in the active ingredients. **Giving too much fever-reducing medicine can cause poisoning.**

Apply a Cool Cloth

A cool cloth on the ill person's forehead may help them feel better.

About Dehydration

Dehydration is a common symptom of flu and other illnesses. It happens when the person loses more fluids than they take in by drinking. This can be caused by fever, sweating, vomiting and/or diarrhea. It is important that anyone who is sick drinks lots of liquids to help them recover. The most critical part of caring for a sick person is helping them receive enough fluids every day to prevent dehydration. Dehydration can be deadly if not treated.

Give a sick adult or child plenty of liquids to drink such as water, broth, juice (half strength for children). This will help them avoid getting dehydrated. If the sick adult or child has mild diarrhea or is vomiting, give them liquids with electrolytes (to replace the loss of salt and sugar in the body) such as sports drinks like Gatorade®, or Pedialyte® for children or an oral rehydration formula.

If the sick adult or child has not urinated in more than 12 hours (six (6) hours for infants) and has symptoms such as a dry mouth, dry eyes or little or no tears, and has an overall sick appearance, you should call for medical advice. ***See [Calling for Medical Advice on page 38](#).***

Signs of losing too much fluids or dehydration include:

- Thirst (often an early sign)
- Flushed Face
- Dry Mouth
- Rapid, deep breathing
- Fast and/or weak pulse
- Sunken, tearless eyes
- Dry, warm skin
- Little or no urine
- Dark, concentrated urine
- Dizziness or rapid increase in heartbeat when the ill person stands or sits up
- Cramping in the arms or legs
- Weakness, sleepiness
- Irritability
- Headache
- In infants, sunken fontanel (“soft spot” on top of head) or not feeding

Giving Liquids

It is important to begin giving liquids at the first sign of the flu to maintain the right level of body fluid. Someone who is sick may not feel like drinking, but it is important to keep giving liquids in order to help prevent dehydration. Food is not as important while the person is most ill, but drinking fluids is. The ill person may not be able or want to drink fluids. **You must help them: do not stop trying!**

Try to give the sick adult or child about a gallon of liquid each day. Adults need at least 2 to 3 quarts of fluids and young children need at least a quart of fluids per day. Keep doing this until they look better or their urine is a light yellow. For infants, give enough liquids so they urinate (pee or wet their diaper) at least every four (4) to six (6) hours.

If the sick adult or child becomes dehydrated, give them small amounts of liquids frequently. For example, give sips or spoonfuls of liquids every 5 to 10 minutes over a four-hour period. Watch for an increase in urination, a lighter color of urine and overall improvement of flu symptoms. These are signs that the liquids are working. **See *chart and recipes* on page 30.**

If the sick adult or child is vomiting, do not give any liquids or food by mouth for at least an hour. Let the stomach rest and then give a clear liquid, like water, in small amounts. Start with one (1) teaspoon every 5 minutes. If they continue to vomit, let the stomach rest again for another hour. If he or she does not vomit after 30 minutes, give 2 teaspoons every 5 minutes. Continue to double the volume every 30 minutes until they can take fluids on their own. When the sick adult or child has stopped vomiting, gradually increase the amount of liquids and use liquids with electrolytes (with salt and sugar). After six (6) to eight (8) hours of giving the adult

or child clear liquids without vomiting, you can start to give them solid foods that are easy to digest such as saltine crackers, soup, mashed potatoes or rice.

Acceptable Liquids

It is important for the sick adult or child to drink plenty of liquids in order to help fight the flu symptoms and prevent dehydration. The following chart tells you which liquids are okay to give to young children and adults in order to prevent or treat dehydration. If the sick adult or child is not eating, certain liquids will need to be given in order to treat dehydration and restore the right level of electrolytes (salt and sugar) that the body needs.

Things to Avoid

Certain liquids like alcohol and caffeinated drinks (coffee, herbal teas, caffeinated sodas, etc.) should be avoided because they can cause further dehydration. Make sure the ill person does not drink alcohol or use tobacco. Smoking should not be allowed in the home while family or household members are sick. Caffeinated tea and coffee should be limited to no more than 1 or 2 cups per day.

Dehydration Prevention & Treatment Chart

AGE GROUP	PREVENT DEHYDRATION (If Eating)
Infants <i>< 1 year of age</i>	<ul style="list-style-type: none"> • Breast milk • Standard infant formula • Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® • Diluted Juices* (½ water, ½ juice) <p><i>Alternative: Home made Cereal Based Oral Rehydration Solution (CBORS). See recipe on page 33.</i></p>
Toddlers <i>1 to 3 years of age</i>	<ul style="list-style-type: none"> • Milk (if not vomiting) • Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte® • Broth, soup • Jell-O® Water (1 package per quart of water, or twice as much water as usual) • Popsicles • Gatorade® • Kool-Aide® • Juices*
Children <i>over 3 years,</i> Teens and Adults	<ul style="list-style-type: none"> • Water • Broth, soup • Jell-O® Water (1 package per quart of water, or twice as much water as usual) • Popsicles • Gatorade® • Kool-Aide® • Juices*

**Do not give apple and pear juice because they include a certain type of sugar that increases water loss.*

PREVENT DEHYDRATION (If NOT Eating)

AND TREAT DEHYDRATION (If Eating or NOT Eating)

- + Breast milk
- + Standard infant formula
- + Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte®

Alternative: *Home made Cereal-Based Oral Rehydration Solution (CBORS). See recipe on page 33.*

- + Store-bought oral rehydration solution such as Pedialyte®, Naturalyte®, Infalyte®, or Rehydralyte®

Alternate: *Home made Cereal-Based Oral Rehydration Solution (CBORS). See recipe on page 33.*

- + Home made Oral Rehydration Solution.
See recipe on page 32.



Recipes for Oral Rehydration Solutions

If you cannot buy a liquid with electrolytes (with salt and sugar), you can make your own rehydration solutions.

Recipe for Oral Rehydration Solution For adults, teens and children over the age of 3

Instead of store bought rehydration or sports drink (such as Gatorade®), you can make your own oral re-hydration solution at home.

INGREDIENTS:

- 4 cups clean water
- 3 tablespoons of sugar
- 1/4 teaspoon of salt

Mix the 4 cups of clean water with 3 tablespoons of sugar and 1/4 teaspoon of salt. Mix it well by stirring or shaking. Do not boil as this will concentrate the ingredients. If local health officials give a “Boil Water Order”, boil the water first for 1 minute and then allow it to cool before adding the sugar and salt.

Recipe for Cereal-Based Oral Rehydration Solution (CBORS)

For children under 3 years, you can make this cereal-based oral rehydration solution at home.

INGREDIENTS:

- 2 cups of clean water
- 1/2 cup of instant baby rice cereal
- 1/4 level teaspoon table salt

Mix thoroughly, but do not boil as this will concentrate the ingredients. If local health officials give a “Boil Water Order”, boil water first for 1 minute and then allow it to cool before adding cereal and salt.

Notes: Use of homemade CBORS should be considered as a last option because mixing mistakes could be a problem for infants. Children are also less likely to take cereal-based solutions than glucose-based solutions. However, when properly mixed and used, CBORS has been found to be as effective as Pedialyte® in maintaining hydration and correcting both hypernatremia and hyponatremia. Source: Pediatrics Vol 100 No. 5. November 1997, p e3, available at: <http://pediatrics.aappublications.org/cgi/content/full/100/5/e3>

Measuring Vital Signs

Vital signs give important information about basic body functions and can help monitor a person's illness. They include a person's temperature, heart rate and breathing rate.

Heart Rate

To measure heart rate, put your index and middle finger over the underside of the wrist, below the base of the thumb. Press firmly with the flat pads of your fingers until you feel the pulse. (Do not use your thumb to measure the pulse.) While watching a clock, count the beats for one full minute (or 30 seconds and multiply times 2). This is the heart rate.

Normal heart rates are:

- Infants less than one year – 100 to 160 beats per minute
- Children 1 to 10 years – 70 to 120 beats per minute
- Children more than 10 years to adults – 60 to 100 beats per minute
- Trained athletes – 40 to 60 beats per minute

Worrisome heart rate: Heart rate stays above 120 or below 40 beats per minute.

Breathing Rate

Have the person lie down. While watching a clock or watch, count how many times the chest rises for 1 full minute. This is the breathing rate.

Normal resting breathing rates are:

- Newborns – 44 breaths per minute
- Infants – 20 to 40 breaths per minute
- Pre-school children – 20 to 30 breaths per minute
- Older children - 16 to 25 breaths per minute
- Adults – 14 to 18 breaths per minute
- Older adults – 19 to 26 breaths per minute

About Other Symptoms

Chest pain that only occurs during a coughing spell may be treated with acetaminophen (Tylenol®) or ibuprofen (Motrin®). Follow medication package instructions for dosages and times between doses.

If chest pain is not due to coughing or breathing, persists or gets worse, call 911. If chest pain is associated with shortness of breath or other symptoms, call 911.

Shortness of breath includes having a hard time getting a breath and the feeling of not getting enough air. Help the person stay calm and take deep, slow breaths. **Call 911 if it continues.**

Coughing can help clear breathing passages. Phlegm or mucous may make breathing harder. You may use over-the-counter cough medicine. Follow package directions for dosage and intervals between doses. Use cough lozenges (adults only).

A scratchy or swollen sore throat makes swallowing hard. Use throat lozenges (adults only) or gargle with warm salt water.

Body aches can be helped with a warm shower or bath. They may be treated with acetaminophen (Tylenol®) or ibuprofen (Motrin®). Follow medication package instructions for dosages and times between doses.

Nausea, vomiting and diarrhea can lead to dehydration. Give fluids if tolerated (see dehydration instructions). Fluids may have to be given slowly. You may give over-the-counter or prescription medication such as Loperimide (Imodium®) or similar medication for diarrhea or medication for nausea or vomiting. Follow medication package instructions for dosages and times between doses.

When to Call 911

Call 911 if you cannot reach your medical provider and the sick adult or child has a problem listed above, or if the sick adult or child has any of the following symptoms:

- Difficulty breathing or chest pain unrelated to coughing.
- Bluish skin or lips.
- Stiff neck.
- Inability to move an arm or leg.
- First-time seizure.
- Is irritable, confused or not waking up.

Notes:

Personal Information Record:

Medical Conditions:

Allergies:

Medication/Doses:

Health Care Provider Phone Number:

Calling for Medical Advice

Keeping a home care record for each ill person is important. Write down the date, time, fever, symptoms, medicines given and dosage. Record changes in symptoms or new symptoms, what the ill person drinks and how much, the number of times the ill person urinates (pees) or the number of wet diapers for an infant. Make a new entry at least twice a day or when symptoms change. This information will be very helpful if you need to call your medical provider.

Anyone with a chronic disease or condition and pregnant women should be in contact with their medical provider when ill. In addition, a sick person or their caregiver should seek medical advice in the following situations:

- Infants under three (3) months with a rectal temperature of 100.4° F (38° C) or higher.
- Babies 3 to 24 months old with a rectal temperature of 103° F (39.4° C) or higher.
- Children and adults with a fever above 104° F (40° C).
- Fever in persons not responding to fever medicines within six (6) hours.
- Fever lasts more than five (5) days.
- Fever in persons with diseases of the immune system (HIV/AIDS, leukemia, cancer patients on chemotherapy, etc.).

- Fever lasts more than three (3) days and sick adult or child has difficulty breathing.
- Fever that went away for one (1) to two (2) days, then comes back.
- Persons with an existing medical condition (heart or lung disease, HIV/AIDS, cancer, etc.) and their overall condition is getting worse.
- Shows signs of severe dehydration ([see About Dehydration page 26](#)) and/or the sick adult or child has stopped taking liquids.
- Shows signs of respiratory (breathing) problems such as chest pain, difficulty breathing or wheezing, grunting, nasal flaring, and chest wall retractions.
- Has a cough that produces blood or has a croupy cough.
- Severe ear pain or severe muscle pain.
- Change in mental status or irritability.
- Vomiting that is severe or lasts more than an hour.
- Symptoms improve and then return.





HOME CARE SUPPLIES

CARE SUPPLIES

Home Care Supplies

It is important to be prepared for any emergency such as a flood, storm or serious illness. It is a good idea to gradually buy items now so that you have at least two weeks of emergency supplies for each person in your home.

General Emergency Supplies Checklist (Chart 1)

This checklist can help you plan on what type of emergency supplies you will need and how many to buy for your household. This list includes examples of the types of basic emergency supplies you should have on hand, like a first aid kit, clean water, emergency cash, batteries, radios, flashlights, etc.

Emergency Supplies for Pregnant Women

If you are pregnant, it is a good idea to prepare in case, in an emergency, you are unable to get to your hospital for the birth of your baby. Make a plan for your family. Talk to your health care provider about what to do in an emergency. Know the alternatives to giving birth at your hospital. Keep a Personal Prenatal Record with you, in case you have to give birth in a hospital or other location that is not familiar with your record. Check at your clinic for this type of record.

Prepare an emergency birth kit from the following list of supplies: a plastic storage bin, 2 clean bath towels, 1 plastic bulb syringe, 1 oral/axillary thermometer, 1 new packaged razor blade (to cut the umbilical cord), plastic sheeting, 1 package large size sanitary pads, 1 bottle rubbing alcohol and cotton balls, 1 clean white shoelace (to tie umbilical cord), newborn diapers, 1 gallon size zip lock bag (for the placenta), 1 garbage bag and twist tie (for garbage), 1 newborn hat and sleeper, 1 receiving blanket. This list is by no means everything you might need for an emergency delivery. Ideally, your baby will be born in the presence of a trained professional with appropriate medical supplies. In the event of an emergency, however, the above list of items may be useful.

Keep your kit in a safe place with other items you are getting ready for your baby. Store the kit in a clean, easy to carry container (such as a large plastic storage bin). Include an emergency plan with phone numbers, maps and a car with a full tank of gas.

Home Care for the Ill Supplies Checklist (Chart 2)

In addition to your regular emergency supplies, additional items should be added to prepare for illness during an emergency so that you are able to care for sick family members at home. This checklist can help you plan on what type of home care supplies you'll need and what amounts to buy for your household.

2-Week Emergency Supplies Checklist

Chart 1

Items	2 People	4 People	Your quantity x household members	Check off
EMERGENCY SUPPLIES				
First Aid Kit and Instructions	1 medium kit	1 large kit		
Emergency Radio with batteries	1	1		
Lanterns, Flashlights, Candles	2 flashlights	4 flashlights		
Batteries	2 (12-packs)	4 (12-packs)		
Trash Bags	20 bags	40 bags		
Barbeque Pits, Camping Stove	As needed	As needed		
Lighter Fluid and Matches	2 containers/ boxes	4 containers/ boxes		
Fire Extinguisher A-B-C type	2	2		
Manual Can Opener and Knife	1	1		
Plastic Food Containers	10	20		
Zip Lock Bags, One-gallon size	100	200		
Paper/Plastic Eating Utensils	100 sets	200 sets		
Warm Blankets, Sleeping Bags	2 sets	4 sets		
Extra Warm Clothing and Shoes	4 full sets	8 full sets		
Personal Hygiene products	As needed	As needed		
Baby and/or Pet Supplies	As needed	As needed		
Toolkit with wrench, pliers, etc.	1	1		
Utility Instructions, Maps, etc.	2 copies	4 copies		
Copies of important documents	As needed	As needed		
IF POSSIBLE:				
Cell Phone with battery	1	1		
Emergency Cash	\$200	\$400		

2-Week Home Care for the Ill Supplies Checklist

Chart 2

Items	2 People	4 People	Your quantity x people	Check off
HOME CARE SUPPLIES				
Thermometer	2	4		
Eye Dropper	2	2		
Surgical or Procedural Masks	50 masks	100 masks		
Bleach	½ Gallon	1 Gallon		
Laundry Detergent	1 lb.	2 lbs.		
Dishwashing Detergent	1 bottle (250 ml)	2 bottles (500 ml)		
Soap	2 bars 3 dispensers	4 bars 6 dispensers		
Toilet Paper	6 rolls	12 rolls		
Paper Towels	4 rolls	8 rolls		
Tissues	3 boxes	6 boxes		
Alcohol-based Hand Sanitizer	2 (8 fl. oz) containers	4 (8 fl. oz) containers		
Drinks with Electrolytes	48 (8 fl. oz) bottles	96 (8 fl. oz) bottles		
Prescription Medicines	As needed	As needed		
Pain and Fever Medicines	1 large bottle	2 large bottle		
Cough Medicines	2 bottles	4 bottles		
Liquid Medicine for Children	2 cups per child	2 cups per child		
Rubber Gloves	1 pair	2 pairs		
Disposable Gloves	100 pairs	200 pairs		
Antibacterial Wipes/Gel	1 box	2 boxes		

Emergency Food Supplies

When preparing for any emergency, including serious illness, it is important to understand what types of food will be most useful and how to properly store them. Buy foods that the people in your household need and will eat. Use plastic containers designed to store your emergency food. A mixture of foods is best to maintain normal energy and body functions.

It is a good idea to slowly build up your supply with foods that will not spoil easily. Each household member will need at least one balanced meal and one gallon of drinking water a day. Remember to check expiration dates regularly and replace expired food items with new items.

The following tips will help you select and store foods so that your food supply lasts.

- Keep the normal food pantry separate from your stored emergency supplies or restock regularly.
- Choose nourishing foods that can satisfy your family.
- Pick foods that keep a long time before they spoil.
- Look for foods that don't need to be refrigerated or that don't need to be heated.
- Label the food container: 'use-by this (day)' or 'best if used before (day)'.

- Store items in plastic containers with tight-fitting lids so that bugs cannot get into them.
- Include some comfort foods that household members like.
- Don't forget babies, others with special diets in your household and pets.

Emergency Food Supplies Checklists (Charts 3, 4, 5, 6)

These checklists can be used to help you plan what food supplies you'll need and what quantities to buy for your household. It is a good idea to gradually buy items now so that you have at least a two-week supply of food for each person in your home. Checklists are grouped by category: Non-Perishable Goods, Use within One Year, Use by Expiration Date, and Comfort Foods.

The following list gives you examples of what types of foods to buy that will not spoil easily. These are foods like pasta, cereals, crackers, flour, rice, bread mix, corn meal, beans, oatmeal, energy and cereal bars, and other snack items.

2-Week Food Supplies Checklist

Chart 3

Items	2 People	4 People	Your quantity <i>x people</i>	Check off
NON-PERISHABLE				
Flour	11 lbs	22 lbs		
Cooking Oil	1 bottle	2 bottle		
Sugar	5 lbs	10 lbs		
Salt (includes medical use)	1 box	2 boxes		
Cereal Bars	28 bars	56 bars		
Milk Powder	3 lbs	3 lbs		
Yeast, Instant dried	3 oz	6 oz		
Corn Meal	1 box	2 boxes		
Oatmeal	1 box	2 boxes		
Pasta	3 lbs	6 lbs		
Rice	2 lbs	4 lbs		
Beans/Lentils	2 lbs	4 lbs		
Breakfast Cereals	2 boxes	4 boxes		
Baking Soda	1 box	1 box		

The following list gives you examples of what types of food to buy that will be okay to use within one year. Foods such as canned fish, canned vegetables like tomatoes, corn, and green beans, canned fruit like peaches, apricots, fruit cocktails, canned milk, soups, and baked beans are good choices.

2-Week Food Supplies Checklist

Chart 4

Items	2 People	4 People	Your quantity <i>x people</i>	Check off
USE WITHIN 1 YEAR				
Canned Vegetables	14 (14oz) cans	28 (14oz) cans		
Canned Milk	4 (14oz) cans	8 (14oz) cans		
Canned Casseroles/Meats	4 cans	8 cans		
Baked Beans, Spaghetti	4 (420g) cans	8 (420g) cans		
Canned Soups	8 (420g) cans	16 (420g) cans		
Pasta Sauce	2 jars	4 jars		
Canned Fish	4 (200g) cans	8 (200g) cans		
Canned Fruit	14 (400g) cans	28 (400g) cans		
Instant Meals	As desired	As desired		
Instant Puddings	As desired	As desired		
Dried Fruit	2 lbs	4 lbs		
Dried Vegetables	1 lbs	2 lbs		
Soup Mixes	6-8 packets	12-16 packets		

The following list gives you examples of what kinds of food will need to be used by the expiration date listed on the food. These foods include crackers, energy bars, peanut butter, and jelly.

2-Week Food Supplies Checklist

Chart 5

Items	2 People	4 People	Your quantity <i>x people</i>	Check off
USE BY EXPIRATION DATE				
Crackers	7 packets	14 packets		
Energy Bars/Biscuits	4-6 packets	8-12 packets		
Nuts	2 lbs	4 lbs		
Soy Milk	1 box	2 boxes		
Peanut Butter	2 jars	4 jars		
Jelly	7 packets	14 packets		
Chicken Noodle Soup Mix	7 packets	14 packets		
Sport Drinks	2 cases	4 cases		
Baby Formula	As needed	As needed		
Baby Food	As needed	As needed		
Pet Food	2-weeks supply	2-weeks supply		
Coffee (depends on usage)	1 medium jar	1-2 large jars		
Tea (depends on usage)	50-100 bags	100-200 bags		

The following list gives you examples of what types of comfort foods to buy that don't spoil easily such as chocolate, cookies, candy and hot chocolate mix.

2-Week Food Supplies Checklist

Chart 6

Items	2 People	4 People	Your quantity x people	Check off
COMFORT FOODS				
Chocolate and Candies	As desired	As desired		
Honey	1 jar	2 jars		
Hot Chocolate Mix	As desired	As desired		
Marshmallows	1 bag	2 bags		
Packaged Cookies	14 packages	28 packages		

Storing Water

It may be necessary to store water for emergency use. It is important to keep water for cleaning and washing separate from drinking water. You can either buy bottled drinking water or fill clean containers with tap water.

For cleaning and washing water, if possible, choose large containers such as a plastic garbage can that can hold about 20 gallons of water. Plastic containers such as clean pop and juice containers can also be used. For drinking water, clean glass or non-recycled plastic containers such as plastic pop or water bottles can be also be used. If you fill your own containers, clean them well before use. Mark

them with the date you put the water into the container. Store containers in a cool, dark place. If the water sits for six (6) months without being used, empty the containers. Refill with new tap water or purified water. **See *Purifying Water* below** for instructions on how to purify water.

You will need one (1) gallon of drinking water per person each day. The table below will help you decide how many gallons of water you will need for your household for a two-week period.

2-Week Supply of Drinking Water

Number in Family/Group	Allow 14 Gallons per Person	Total Required
	x 14 gallons	= Total Gallons

Purifying Water

Purifying water means that you clean your water to make it safe to drink and use. In an emergency, safe drinking water may not be and it will be important to have a clean source of water.

If you do not have enough clean water stored, or if a “Boil Water Order” is given because health officials are concerned that the water may not be safe, you will need to purify – or clean – your water. Boiling, purification tablets or solutions, and water purifiers can be used to clean water during emergencies. Boiling water is the easiest

way to clean your water. Bring the water to a rolling boil for at least one minute before using. This will make the water safe to drink and use for other things.

If tap water is not available, you can use water from other sources like rainwater, rivers, lakes, natural springs, ice cubes, water pipes, toilet tank and the water heater. Do not use water from toilet bowls, waterbeds, radiators, or swimming pools or spas.

You can also clean your water by adding eight (8) drops of regular household bleach per gallon of water. Buy non-scented, colorless bleaches like Clorox® or Purex®. Make sure the bleach contains at least four percent (4%) sodium hypochlorite.

Use an eyedropper for measuring and mixing. Combine the bleach and water and then stir. Let the water stand for 30 minutes after you've put the bleach in and before you want to use the water. The water should smell and taste like bleach. If it doesn't, add a little more bleach.

OTHER BLEACH SOLUTION AMOUNTS

- 1 drop of bleach per quart of water
- 8 drops of bleach per gallon of water
- 1/2 teaspoon of bleach per 5 gallons of water
- 1 teaspoon of bleach per 10 gallons of water

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Thank you for taking the time to read this information. Every person who takes some action to be better prepared is helping to make our community better prepared.

Up-to-date information will be available from your medical provider and at the following Web sites:

- www.cdc.gov
- www.health.state.mn.us
- www.redcross.org
- www.minneapolismn.gov/health

The Minneapolis Department of Health and Family Support wishes to acknowledge the work of the Santa Clara Public Health Department, Santa Clara, CA and Tarrant County Public Health, Tarrant County, TX for much of the content; and Jane Harper, BSN, MS; Aaron DeVries, MD; John Hick, MD; and Dan O’Laughlin, MD, for content and review.

References:

American National Red Cross. (2006). *Home Care for Pandemic Flu*. Retrieved May 16, 2011 from the Washington State Department of Health Web site:

http://www.doh.wa.gov/panflu/pdf/panflu_home_care.pdf

Schmitt, Barton D. (2004). *Pediatric Telephone Advice* (3rd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Seattle King County Public Health. (2011). *Pandemic flu planning checklist for individuals and families*. Retrieved May 16, 2011 from the Seattle King County Public Health Web site:

<http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu/families.aspx>

Washington State Department of Health. *Preparing for Pandemic Influenza: A personal and family guide*. Retrieved May 16, 2011 from the Renton, WA School District Web site:

http://www.rentonschools.us/FILES/DISTRICT/Health%20Services/PandemicFlu_Web.pdf

Engaging residents and partners to
ensure a healthy urban community.



Department of Health and Family Support
www.minneapolismn.gov/health