



# SURVIVAL GUIDE

How to Survive the Flu with Little Ones

October 2015

## From the Nurse

*The flu (respiratory and stomach) can hit very suddenly and when it does it can turn your world upside down. It can make it impossible to go to the store, make dinner, have a clean house, and it can feel like you're drowning. The good news is you can survive! Well...that is if you're prepared and have the right tips to survive when you and/or your family gets sick with the flu.*

### Tips for Getting things Done

**Feeding the Family:** Have "Quick Fix" Meals on hand- i.e. Frozen Lasagna, Hamburger Helper, Macaroni and Cheese, etc. Who knows when a trip to the doctor will take all day or when you'll have a child who wants to be held all day. Become best friends with your slow cooker-when you're sick you have the most energy in the morning so capitalize on it by getting dinner going so at the end of the day when everyone is feeling bad, you've already got dinner D-O-N-E! If you have a bread machine, use it! It's a great way to bake bread that requires little effort on your part.

**Doing the Dishes:** Keep one side of your sink filled with soapy water-this way even if you don't have time to load or unload the dishwasher; family members can stick contaminated dishes in soapy water until you have time/energy to deal with it. Keep paper and plastic dishes and utensils on hand-then you just need to throw away the dishes and minimize what you actually need to clean

**Laundry:** If you don't have time to fold laundry, at least lay it out flat in a pile instead of stuffing it into a laundry basket to get wrinkled...and for you to iron later. YUCK! Keep hangers in your laundry room so you can instantly hang up laundry. Even if it doesn't make it's way to your closet at least you've skipped the step of putting it in a basket to hang up later.

### How To Entertain A Child When You Feel Sick Too

Use the TV. It can be your best friend when you are sick. Limit their TV time later. You can still keep an eye on them lying down. Pick something that will keep them entertained.

Story time. Have them bring you books and let them read to you. It gives you a break from the TV and gets them some reading time.

If you have a baby, use the porta crib. Place it next to the bed so they can play and you can rest. They can see you and you can see and hear them as well.

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# Basic Flu Facts From The CDC

from the center for disease control and prevention-[http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

## HOW IT SPREADS:

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

People with 2009 H1N1 flu who are cared for at home should:

- >check with their health care provider about any 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 health care provider about whether they should take antiviral medications
- >keep away from others as much as possible. This is to keep from making others sick. Do not go to work or school while ill stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.)
- >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. Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.\*
- >wear a facemask – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others.

## HOW TO TREAT IT:

Antiviral medications can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. Antiviral medications are available for persons 1 year of age and older. Ask your health care provider whether you need antiviral medication. Influenza infections can lead to or occur with bacterial infections. Therefore, some people will also need to take antibiotics. More severe or prolonged illness or illness that seems to get better, but then gets worse again may be an indication that a person has a bacterial infection. Check with your health care provider if you have concerns.

**Warning!** Do not give aspirin (acetylsalicylic acid) to children or teen-

agers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the National Institute of Health website.

Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin. Children 5 years of age and older and teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.

Children younger than 4 years of age should NOT be given over-the-counter cold medications without first speaking with a health care provider.

The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

Fever and aches can be treated with acetaminophen(Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or nonsteroidal anti-inflammatory drugs (NSAIDS).

Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications will not lessen how infectious a person is.

Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the FDA website: When to Seek Emergency Medical Care

## GET MEDICAL CARE ASAP IF THE SICK PERSON AT HOME:

- >has difficulty breathing or chest pain
- >has purple or blue discoloration of the lips
- >is vomiting and unable to keep liquids down
- >has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- >has seizures (for example, uncontrolled convulsions)
- >is less responsive than normal or becomes confused

# Basic Flu Facts About the “Stomach Flu”

from the center for disease control and prevention-<http://www.cdc.gov/ncidod/dvrd/revb/gastro/faq.htm>  
[www.webmd.com/digestive-disorders/brat-diet](http://www.webmd.com/digestive-disorders/brat-diet)

WebMD-<http://www.webmd.com/digestive-disorders/brat-diet>

## What is viral gastroenteritis?

Gastro-enteritis means inflammation of the stomach and small and large intestines. Viral gastroenteritis is an infection caused by a variety of viruses that results in vomiting or diarrhea. It is often called the “stomach flu,” although it is not caused by the influenza viruses.

## What causes viral gastroenteritis?

Many different viruses can cause gastroenteritis, including rotaviruses, noroviruses, adenoviruses, type 40 or 41, sapoviruses, and astroviruses. Viral gastroenteritis is not caused by bacteria (such as *Salmonella* or *Escherichia coli*) or parasites (such as *Giardia*), or by medications or other medical conditions, although the symptoms may be similar. Your doctor can determine if the diarrhea is caused by a virus or by something else.

## What are the symptoms of viral gastroenteritis?

The main symptoms of viral gastroenteritis are watery diarrhea and vomiting. The affected person may also have headache, fever, and abdominal cramps (“stomach ache”). In general, the symptoms begin 1 to 2 days following infection with a virus that causes gastroenteritis and may last for 1 to 10 days, depending on which virus causes the illness.

## Is viral gastroenteritis a serious illness?

For most people, it is not. People who get viral gastroenteritis almost always recover completely without any long-term problems. Gastroenteritis is a serious illness, however, for persons who are unable to drink enough fluids to replace what they lose through vomiting or diarrhea. Infants, young children, and persons who are unable to care for themselves, such as the disabled or elderly, are at risk for dehydration from loss of fluids. Immune compromised persons are at risk for dehydration because they may get a more serious illness, with greater vomiting or diarrhea. They may need to be hospitalized for treatment to correct or prevent dehydration.

**Is the illness contagious? How are these viruses spread?** Yes, viral gastroenteritis is contagious. The viruses that cause gastroenteritis are spread through close contact with infected persons (for example, by sharing food, water, or eating utensils). Individuals may also become infected by eating or drinking contaminated foods or beverages.

## How does food get contaminated by gastroenteritis viruses?

Food may be contaminated by food preparers or handlers who have viral gastroenteritis, especially if they do not wash their hands regularly after using the bathroom. Shellfish may be contaminated by sewage, and persons who eat raw or undercooked shellfish harvested from contaminated waters may get diarrhea. Drinking water can also be contaminated by sewage and be a source of spread of these viruses.

## How is viral gastroenteritis treated?

The most important of treating viral gastroenteritis in children and adults is to prevent severe loss of fluids (dehydration). This treatment should begin at home. Your physician may give you specific instructions about what kinds of fluid to give. CDC recommends that families with infants and young children keep a supply of oral rehydration solution (ORS) at home at all times and use the solution when diarrhea first occurs in the child. ORS is available at pharmacies without a prescription. Follow the written directions on the ORS package, and use clean or boiled water. Medications, including antibiotics (which have no effect on viruses) and other treatments, should be avoided unless specifically recommended by a physician. Once your symptoms have subsided, you can start transitioning back to a normal diet, but you'll want to stick to a relatively bland diet for a couple of days.

Avoid the following foods:

Milk and dairy products

Fried, greasy, or spicy foods

Rich desserts

Raw fruits and vegetables such as corn on the cob, onions, beets, raisins, figs, and cherries

Citrus fruits (oranges, pineapples, grapefruits) and juices

Alcohol and caffeinated drinks

## When to call the Doctor

Diarrhea that lasts for more than three days

A temperature of 102 degrees Fahrenheit or higher

Reduced urine: 4-6 hours without a wet diaper for infants under 6months. No urination for 6-8 hours for children

Lightheadedness

No tears or sunken cheeks

## Is there a vaccine for gastroenteritis?

Currently there is a licensed rotavirus vaccine available that protects against severe diarrhea from rotavirus infection in infants

# Basic Items to have on hand to fight the FLU

## Respiratory Flu Shopping List

Vitamin C Tablets  
Concentrate Orange Juice (and LOTS of it!)  
Thera Flu (or other flu medicine)  
Cough Syrup/ Cough drops  
Lip Balm/Vaseline (not breathing through your nose can really dry you up)  
Tissues (lots and LOTS of these)  
Nasal Spray/Saline Drops for children  
Acetaminophen (Baby and Children's)  
Ibuprofen (Baby/Children's)  
Cool Mist Humidifier  
Popsicles (for sore throats)  
Salt (for gargling with salt water)  
Thermometer

Other Items my Family Uses:

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## General Shopping List

Cleaning Items:  
Anti-Bacterial Wipes (Clorox or Lysol-check that it will kill flu viruses)  
Anti-Bacterial Spray (Clorox or Lysol-check that it will kill flu viruses)  
Anti-Bacterial Toilet Bowl Cleaner (Clorox or Lysol check that it will kill flu viruses)  
Bleach  
Febreeze  
Hand Sanitizer  
Laundry Detergent

Personal Hygiene Items:  
Toilet Paper  
Tooth Paste  
Hand Soap  
Deodorant  
Body Wash  
Shampoo

## Stomach Flu Shopping List

Saltine Crackers  
Electrolyte Drink (Gatorade, Pedialyte)  
7-up (flat)  
Bucket (I think we all know why...)  
For after the symptoms have subsided:  
Bananas  
Rice  
Applesauce  
White Bread (for toast)

Other Items my Family Uses:

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## Baby Items:

Diapers  
Wipes Rinse them out before using if bottoms are irritated  
Diaper Rash Ointment  
Baby Wash  
Formula/Baby Food

## Food Items:

Dehydrated celery, carrots, onions, and bell peppers (these are the "aromatic" vegetables that are most commonly used in soups. If you have them on hand in dehydrated form then you don't need to worry about always having the fresh items on hand and you won't have to go to the store!)

Canned Chicken Noodle Soup , Chicken broth  
Other Quick Fix Meals  
Jello, Popsicles  
Dry cereal, crackers  
Straws, Paper & Plastic Plates and utensils

## Special Treats

Movies, puzzles, coloring books, card games.

# Sanitizing and Disinfecting your Home

## CLEANING TIPS:

### Important Definitions

*Wiping a surface with soap and water or a cleaning product may remove dirt, but it doesn't kill germs that can cause illness.*

**Clean** - Remove visible debris by washing or scrubbing with soap (detergents) and water.

**Sanitize** - Reduce the number of bacteria. Sanitize food-related utensils and surfaces, including cutting boards.

**Disinfect** - Destroy even more potentially harmful bacteria and other microbes. The U.S. Environmental Protection Agency regulates sanitizers and disinfectants and they have a statement to this effect on their labels.

### Kitchen and Bathroom Counters:

To clean and disinfect counters, tabletops and high chairs, use Clorox® Clean-Up® Cleaner with Bleach. For hard, nonporous countertop surfaces, use Clorox® Disinfecting Wipes for one-step cleaning and disinfecting.

### Toys:

Disinfect washable colorfast toys with a solution of 3/4 cup Clorox® Regular-Bleach per gallon of water. Soak for 5 minutes, rinse and air dry

### Sponges & Dish Rags:

Sanitize sponges and dishcloths daily in the sink using 3/4 cup Clorox® Regular-Bleach to a gallon of water. Let soak 5 minutes. Rinse and dry.

### Drains:

To deodorize drains, flush with water. Pour 1 cup Clorox® Regular-Bleach into the drain, then flush with hot water.

### Laundry-Whites:

Use Clorox® Regular-Bleach for white and bleachable items only. Always add the bleach and detergent to the wash water before you add the clothes or use your washer's bleach dispenser.

### Laundry-Colors:

For colors, there are color-safe bleaches that are available in liquid or powder forms.

Use these products, like Clorox 2® Stain Fighter & Color Booster, to help remove stains/soils and brighten colors

### Laundry-Towels:

Always launder towels first before using them. Never use fabric softeners, as they will decrease the towel's ability to absorb water. Machine wash after use in warm water with like colors and rotate to extend the life of your towels. Wash white towels in hot water with 3/4 cups of Clorox® Regular-Bleach per regular load. Or, try Clorox® Ultimate Care® Premium Bleach, the bleach you can pour directly onto Whites. Try adding a cup of white vinegar to your rinse cycle to help neutralize odors and help give towels the softness they lack from not using fabric softener.

## Cleaning Checklist:

**Laundry:**  
Clothes  
Bedding  
Bathroom towels  
Kitchen Towels

**Places to Sanitize & Disinfect:**  
**General:**  
Doorknobs  
Stair rails  
Remotes  
Computers and Parts  
Childrens' toys  
Phones  
Electronics  
Bedside tables

**Bathroom:**  
Counters  
Sinks and Faucets  
Toilets  
Showers/Tubs  
Floors  
Door handles

**Kitchen:**  
Counters  
Sinks and Faucets  
Microwave  
Fridge  
Stove  
Floors

**Car:**  
Steering wheel  
Gear shift  
Door handles  
Controls knobs  
Children's Car seats  
Windows and window handles or knobs