

Guidelines for a Pandemic Flu Event

An influenza pandemic is a wide spread outbreak of a new flu virus. In the event our community would experience this, it will be important for you to stay calm, and to know when the best thing to do is to remain at home or to seek further assistance. The guidelines below will help in making appropriate choices. ***A phone number for information and instruction will be available to the public in the event of a pandemic.**

“OK”

“CAUTION”

“ACTION INDICATED”

<p>Limited, mild-moderate symptoms which may include:</p> <ul style="list-style-type: none"> ➤ Fatigue (feeling unusually tired and weak) ➤ Aches ➤ Low-grade temperature (99 F. to 100 F.) ➤ Upset stomach 	<p>Suggested treatment:</p> <ul style="list-style-type: none"> ➤ Stay at home ➤ Practice frequent, thorough hand washing ➤ Protect others from your cough/sneeze ➤ Drink plenty of fluids ➤ Rest
<p>Symptoms of beginning dehydration may include:</p> <ul style="list-style-type: none"> ➤ Increasing weakness ➤ Urine changes: Dark yellow or amber color; strong odor ➤ Dry mouth ➤ Increased fever (100 F. to 101 F.) ➤ Nausea/vomiting/diarrhea ➤ Chest congestion, sputum or nasal discharge that is green or gray or other abnormal color 	<p>Suggested treatment:</p> <ul style="list-style-type: none"> ➤ Continue rest ➤ Remain at home ➤ Increase fluid intake (up to 12 glasses per day) of water, drinks with electrolyte replacement, such as Gatorade, and snacks such as Jell-O, etc ➤ Continue suggested treatment precautions above to avoid spread of germs ➤ Call your physician or home health nurse
<p>Increased symptoms:</p> <ul style="list-style-type: none"> ➤ Vomiting/diarrhea that continues despite treatment, or looks like blood or dark coffee grounds ➤ Despite suggested treatment measures in levels above, temperature increases to 101 F. or above ➤ Difficulty breathing 	<p>Suggested Treatment</p> <ul style="list-style-type: none"> ➤ It is time to call the Pandemic Information and Instruction Number*, your physician or a Home Health nurse