

HOME CARE RECORD

Patient:

Caregiver:

Date	Time	Temperature	Skin Condition	Fluid Intake	Urination	Medication



PREPARE FOR HOME CARE
CHILD COMFORT CARE DURING PANDEMIC INFLUENZA

This guide assumes home care is the best option.

Childhood is defined as birth to 12 years of age. This information can also be used for seasonal influenza with or without antiviral treatment.

Minimize the spread of influenza (flu)

Know flu symptoms

- Fever
- Cough
- Chills
- Body aches
- Sore throat
- Runny or stuffy nose
- Headache
- Extreme fatigue
- Sometimes vomiting and diarrhea

Understand how flu may spread

- Droplets from an infected person when they cough, sneeze, or talk
- Airborne droplets can enter the body through the eyes, nose or mouth
- Contaminated surfaces or objects

Practice social distancing measures

- Stay at least 6 feet away from sick people during a flu outbreak
- Wear a mask (if available and tolerable)
- If you are sick, wear a mask to minimize spreading the flu to others
- If you are not sick, wear a mask if you are near sick people

Wash your hands

- Use soap and water for at least 20 seconds or
- Use alcohol-based hand sanitizer, when soap and water are not available

Cover your cough and sneeze

- Use a tissue, not your hands. Dispose of tissue immediately and wash your hands
- If no tissue is available, use your upper sleeve

Everyone should get a seasonal flu vaccine

Clean and Disinfect

- Frequently wipe surfaces like doorknobs, phones, faucets, and food preparation areas with household disinfectants.
- Always follow label instructions. Keep disinfectants away from children, pets, heat, flames, and electrical equipment.
- Don't share linens, utensils, or dishes without washing first.

General care measures for children

- Get plenty of rest in a separate room away from the common areas of the house
- Avoid contact with others who are or may be infected and stay at home if you are sick for at least 24 hours after fever is gone without the use of fever reducing medicine
- Drink extra fluids
- Gargle with warm salt water
- Use throat sprays, saline nose drops, and a cool mist humidifier
- Keep tissues and a trash bag within reach of patient
- Sponging with lukewarm water may lower body temperature
- Don't smoke around children to avoid second-hand smoke exposure
- Treat symptoms with over-the-counter (OTC) medications only as needed
- Limit caregivers

Monitor and record (Use Home Care Record on back)

- Record date and time
- Record body temperature every 2-3 hours
- Record skin color changes or rashes
- Record the approximate quantity of fluids consumed each day and through the night
- Record how many times urination occurs each day
- Record all medicines given



Muscle pain and fever

- Use acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®)
- DO NOT USE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN (acetylsalicylic acid) FOR CHILDREN UNDER 19 YEARS OF AGE

General guidelines for over-the-counter (OTC) medications for symptom relief

- Only use age-appropriate OTC medications
- Always follow instructions on the label of each medication
- Check the package labels to avoid double dosing of medications
- Please note health conditions, prescription and OTC medications may cause drug interactions.
- Check the expiration date on medications. Dispose of any medications that are out of date.
- Stop giving medications when symptoms improve
- OTC medications may lessen symptoms, but not lessen infectiousness
- Keep all medications out of reach of children

Avoid dehydration

- Give 1 1/2 oz. of fluid or ice chips per pound of child per day, even if they are not thirsty. For example a 20 lb. child needs 30 oz. of fluids per day
- Give a few sips of fluids every few minutes
- The best fluid replacement for children younger than 2 years is prepared replacement fluids or pops, for example Pedialyte®
- Home electrolyte drink*
 - 1/2 teaspoon table salt
 - 1/2 teaspoon potassium chloride or salt substitute
 - 1/2 teaspoon baking soda
 - 4 tablespoons sugar
 - Dissolved in 1 quart water
- Children 2 years of age and older may be given clear fluids like water, juice, sports drinks, ginger ale, and broth or water-based soups
- Four hours after vomiting stops, start a BRAT diet (bananas, rice, apple sauce, toast, and other simple starches, such as noodles or potatoes) in children who are weaned from formula or breast milk
- Change slowly to a normal diet after 1-2 days on the BRAT diet.
- If you are breastfeeding, you may continue to breastfeed throughout the illness
- If you are bottle-feeding, restart half-strength formula feedings after 1-2 days of replacement fluids and return to full-strength formula feedings within another day
- If not eating solid foods, include fluids that contain sugars and salts, such as broth or soup, juice, sports drinks, or ginger ale
- Regular urination is a sign of good hydration

Seek medical care immediately if your child has one of the following symptoms

- Difficulty breathing, fast breathing, or shortness of breath
- Bluish or gray color to the skin
- Shows signs of dehydration: increased fatigue, dry mouth, crying without tears, sunken eyes, little or no urination, not drinking enough liquids or unable to keep liquids down
- Not waking up or interacting
- Infants with a fever or poor feeding
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- Being so irritable that the child does not want to be held

For more information on pandemic flu, visit:

- Alabama Department of Public Health - adph.org/pandemicflu
- Department of Health and Human Services - flu.gov
- Centers for Disease Control and Prevention - cdc.gov
- Contact your private provider or local health department

* http://firstaid.webmd.com/dehydration_in_children_treatment_firstaid.htm

adph.org/pandemicflu