

Flu Syndrome Caregiver

Be a flu buddy

- Only one person should be designated the “flu buddy” in the house/apartment. This person will be the primary caregiver for the ill person and will assist with bringing the ill person food, liquids and other items needed. Having one person designated assists in reducing the number of people that may be exposed.
- The flu buddy should practice social distancing by always maintaining a distance of at least 6 feet from the ill person.
- The CDC also suggests the caregiver wear a mask when assisting the ill person to provide an additional layer of protection if a distance of at least 6 feet can not be kept.
- The flu buddy must remember to wash hands with soap and water regularly or sanitize with an alcohol-based hand sanitizer when soap and water are not readily available.
- Remember to check on the person regularly and make sure they have what they need. You would want them to do the same if you were ill!

Ways to assist in lessening symptoms



- Provide a quiet and comfortable environment where the person can relax and recover.
- A cool mist humidifier can also help with relieving chest congestion.
- Warm soup, broth, hot chocolate, tea, etc. can often times provide a degree of comfort.
- Over-the-counter (OTC) flu and cold medications used accordingly to the package instructions may assist in relieving many symptoms such as cough and congestion. **NOTE: These medications will not lessen how infectious a person is!**
- If you decide to provide the ill person with OTC medications, be sure to find out if they are taking any other OTC or prescription medications and if they have any OTC medication allergies. If they are taking other medications or have an OTC medication allergy, you should consult with a pharmacist or medical care provider prior to giving the person any medications.

When to seek emergency medical care

Emergency medical care should be provided for the ill person if the person:

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep any liquids down
- Has signs of dehydration such as dizziness when standing or absence of urination
- Has seizures (uncontrolled convulsions)
- Is less responsive than normal or becomes confused

Questions? Contact the Health Service at 217-581-2727