



Public Health
Prevent. Promote. Protect.

Improve Your Flu I.Q.!

★ **Cover your cough & wash your hands!**

★ **Stay home when sick!**

★ **Get the seasonal and H1N1 flu shot or mist as directed by your provider, when available!**

CHECKLIST – Items to have on hand for medical, health and emergency supplies in case you need to stay home due to illness:

- Prescription medications: Try to keep a 2 week supply on hand.*
- Soap & water, and alcohol-based (60-95%) hand sanitizers.
- Thermometer (Digital is best).
- Anti-diarrheal and fever reducing medications.*
- Over the counter cough syrup and decongestant.*
- Water and fruit juices.
- Easily digested foods like clear broth, chicken noodle soup, apple sauce and crackers.
- Non-perishable foods like cereal, cereal bars, dried fruits, etc.
- Tissues, toilet paper, etc.

**If you are unsure what medication to take, consult your pharmacist or care provider.*

HOW TO - Provide home care if you or a family member get the flu:

- Stay at home until the fever has been below 100° F (38° C) for 24 hours (without needing fever-reducing medicine to keep the temperature down).
- Get plenty of rest.
- Avoid alcoholic beverages.
- Drink at least 2 quarts each day of liquids such as caffeine-free, non-diet soda pop, ginger ale, broth, tea with sugar (yes, soda pop is OK with a cold or flu).
- For runny and stuffy nose, try an over the counter decongestant or decongestant nose drops.*
- For cough, try an over the counter cough syrup.*
- To reduce fever, take ibuprofen or acetaminophen as directed. (Avoid aspirin.)*
- For vomiting, don't eat or drink anything until you have not vomited for 4 hours, then sip on liquids (avoid plain water as it can make vomiting worse) for 24 hours. If no further vomiting, begin eating mild foods like crackers, toast, mashed potatoes, rice or apple sauce for 24 hours. Then resume your regular diet.
- If you have to go out, wear a surgical mask or try to stay at least six feet from other people.

OVER – When to seek medical care →



North Central Public Health District *"Caring For Our Communities"*

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WORRISOME FLU SYMPTOMS - When to seek medical care as soon as possible:

- Fever over 102° F (39° C) that does not come down below 100° F (38° C) with fever reducing medicine
- Severe headache
- Stiff neck – unable to touch your chin to your chest
- Severe cough not helped by cough medicine
- Difficulty breathing or shortness of breath
- Rash
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Vomiting that prevents keeping down liquids
- Flu-like symptoms improve, but then return with fever and worse cough
- People with high-risk medical or chronic health conditions* should seek immediate medical care if they have ANY symptoms of the flu.

** Chronic health conditions include chronic lung (including asthma), heart, kidney, liver or blood disorders, metabolic disorders (including diabetes), and impaired immune systems (including those caused by medications or HIV/AIDS).*

Questions? Visit www.flu.oregon.gov or call Oregon's H1N1 hotline at 1 (800) 978-3040. Contact your healthcare provider or North Central Public Health District at (541) 506-2600 for vaccine availability. Para esta información en español, llame al (541) 506-2600.