

Home Care Tips for Influenza



Common Symptoms of Influenza

- Fever
- Muscle and body aches
- Headache
- Sore throat
- Cough
- Nausea/vomiting
- Diarrhea

Supplies to have at home

- Thermometer
- Acetaminophen or ibuprofen (do not use aspirin for influenza like illness)
- Cough suppressants or cough syrup
- Drinks (fruit juices, sports drinks)
- Light foods (clear soup, popsicles, crackers, applesauce, Jello)
- Tissues
- Alcohol-based hand cleaner

Medical tips

- You may be ill for several days
- Rest as much as possible
- Avoid heavy blankets if fever is high (over 101°F)
- Take acetaminophen or ibuprofen for fever, headaches, and/or body aches
- Drink fluids frequently, at least every hour when awake
- Eat light foods, but eating is not as important as drinking
- Stay away from well persons (when possible)
- Everyone in the home should clean their hands frequently
- Wipe down surfaces that are touched frequently at least daily

When to seek emergency medical care

You or someone under your care:

- Is short of breath or breathing rapidly while at rest
- Has gray or bluish skin
- Has severe or persistent vomiting or diarrhea
- Is dizzy and/or weak
- Is unable to drink fluids for more than 24 hours due to nausea and/or vomiting
- Has symptoms that improve but return with fever and worsened cough

