

# NIPAWIN HOSPITAL

## CARING FOR YOURSELF WHEN YOU HAVE THE FLU

### How will I feel if I have the flu?

One to three days after you are infected with the flu virus you may experience a **sudden onset** of one or all of the following symptoms:

- Fever
- Chills
- Body aches
- Sore throat
- Headache
- Dry cough
- Feel weak/tired
- Runny/stuffy nose
- Don't feel like eating

Children usually become ill with any or all of the above symptoms plus:

- Younger children may also have diarrhea, vomiting and stomach pain
- Irritability
- Fever may be as high as 39° - 40° Celsius.

### What can you do for yourself at home?

- **Ask for help** - you may need to ask for help until you feel better.
- **Do not spread the virus to others** - stay away from others for up to 7 days. Practice regular hand washing.
- **Drink lots of fluids** - to replace fluid lost when you sweat.
- **Gargle** - with a glass of warm water containing half a teaspoon of salt to help a sore throat.
- **Medications** - Check with your doctor or local pharmacist for advice regarding medications that work best for your symptoms. Inform them of medications you are currently taking.

***When to call your doctor:***

If you are normally healthy and have the flu, call the doctor if you:

- are short of breath while resting
- are having trouble breathing
- are coughing up bloody sputum
- are wheezing
- have a fever for three to four days and aren't getting better
- start to feel better when suddenly get a high fever and start to feel sick again
- are drowsy and difficult to wake or become disoriented and confused
- have extreme pain in your ear

***What can you do for children:***

- Give acetaminophen (Tylenol), **NOT ASPIRIN.**
- Encourage cool fluids
- Have your child rest at home for 7 days so the virus is not spread
- Practice regular hand washing.

***Take your child to the doctor if they:***

- Have any chronic illness requiring regular medical care.
- Have a disease or are taking drugs/treatments that affect the immune system.
- Take acetylsalicylic acid (e.g. Aspirin) regularly for a medical condition.
- Have difficulty breathing.
- Are less than 6 months old and have a temperature over 38.5° Celsius.
- Are constantly irritable and you cannot calm him/her down.
- Lack energy and don't take interest in playing.
- Are taking very little fluid and do not urinate at least every 6 hours when awake.
- Have severe vomiting or severe diarrhea.

***Take children to the Emergency Department or call 911 if they:***

- Have severe trouble breathing.
- Have blue lips.
- Are limp or unable to move.
- Are hard to wake, unusually quite or unresponsive.
- Have a stiff neck.
- Seem confused.
- Have a seizure.
- Have not urinated in 12 hours (wet diaper).