

# Home Care for Pandemic Flu

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when people get sick or infected from a **new** flu virus that had not been harmful to people before. This type of flu spreads easily from person to person and can cause many people to become very ill or die.

If you are caring for a loved one during a pandemic, take steps to protect yourself and others. Listen for information on how to care for a person ill with pandemic flu from local and state officials.

The signs of seasonal flu are fever, cough, runny nose and muscle pain. The signs of pandemic flu are the same, but they may be more severe and affect more people. If you or a loved one has signs of pandemic flu, stay home and avoid contact with others. The flu virus is spread when contaminated droplets leave the mouth and nose of an infected person and the virus comes in contact with others.

## **Gather these supplies to prepare for pandemic flu:**

- Thermometer
- Surgical masks (one for each person)
- Soap
- Alcohol based hand sanitizer
- Paper towels
- Tissues
- A disinfectant cleaner or a cleaner with bleach
- A box of disposable gloves
- Cans of soup and broth
- Fluids with electrolytes and vitamins such as sports drinks like Gatorade and Powerade
- Fever reducing medicine such as acetaminophen or ibuprofen

# Daryeelka Guriga ee Ifilada/Fuluuga Safka ah

Marka dad badan uu cudur ku dhaco isku wakhti, waxa la yidhaahdaa waa saf cudur. Ifilada ama fuluuga safka ahi waxa uu dhacaa marka dadku ay la jiradaan ama uu cudureeyo fayras ifilo oo **cusub** oo aan hore dadka u waxyeelayn. Ifilada noocan ahi si fudud ayay dadku isugu tabiyaan waxana ay sababi kartaa in dad badani si weyn u jiradaan ama dhintaan.

Inta lagu jiro ifilo saf ah, haddii aad daryeelaysid qof aad jeceshahay ah waa inaad qaadid talaabooyin aad ku badbaadinaysid naftaada iyo dadka kale. Saraakiisha degmada iyo gobolka ka dhageeyso warka ku saabsan sida loo daryeelo qof u jiran ifilo saf ah.

Calaamadaha ifilo xilliyeedku waa qandho, qufac, san duuf ka socdo iyo xanuun muruqyada ah. Calaamadaha ifilada safka ah waa isla kuwaa, laakiin waxa laga yaabaa inay kuwaa ka sii daran yihiin oo ay saameeyaan dad ka sii tiro badan. Haddii adiga ama qof uu qabo calaamadaha ifilo saf ah, joog guriga oo iska ilaali in aad la xidhiidhid dadka kale. Fayraska ifilada waxa uu fidaa marka dhibco yaryar oo cudureysan ay ka soo baxaan afka iyo sanko qof cudurqaba ka dibna uu fayrasku gaadho dadka kale.

## **Soo ururso alaabtan si aad isugu diyaarisid ifilo saf ah:**

- Heerkulbeeg
- Waji-qarisyada dhakhtarka (halkii qofba waa mid)
- Saabuun
- Gacmo nadiifiye leh aalkolo
- Tuwaalo/shukumaano waraaq ah
- Masarada waraaqda ah
- Nadiifiye jeermi-dile ah ama nadiifiye leh cadeeye (bleach)
- Sanduuq ah gacmo-galisyada hal mar la isticmaalo
- Qasacyo ah maraq iyo fuud
- Cabitaano leh elektaroolaytyo iyo fitamiino sida cabitaanada isboortiska sida Gatorade iyo Powerade
- Dawada yareysa qandhada ama xumadda sida acetaminophen ama ibuprofen

## **Caring for a Loved One**

- Call your doctor to report your loved one's flu signs. Your doctor will give you advice about home care or tell you if emergency care is needed.
- Write down the date, time, fever, signs, medicines given and dosage. Make a note when his or her signs change.
- Give plenty of fluids to prevent dehydration, which can be serious. Make sure the ill person drinks plenty of fluids, ice and foods such as soup and broth at the first sign of the flu. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes and vitamins such as sports drinks like Gatorade and Powerade.
- If fluids make nausea worse, give one sip at a time until his or her nausea improves.
- Medicines to ease the signs of the flu, such as antiviral medicines, may be ordered by your doctor.
- To help reduce a fever give:
  - Plenty of fluids.
  - Fever reducing medicine, such as acetaminophen or ibuprofen. Do not give aspirin to anyone younger than 20 years old.
  - A sponge bath with lukewarm water.
- Be sure all family members get enough rest. Avoid use of alcohol and tobacco products to stay healthy.

**Call your doctor again** if your loved one has:

- A fever over 105°F (40.5°C) for adults or children over 2 years
- A fever over 103°F (39.4°C) for babies 3-24 months
- A rectal temperature of 100.4°F (38°C) or higher for babies younger than 3 months
- Shaking chills
- A cough that produces thick mucus
- Signs of dehydration such as dry mouth or great thirst
- Worsening of other medical conditions such as heart disease or diabetes

## **Sida Loo Daryeelo Qof aad Jeceshahay**

- Wac dhakhtarkaaga si aad u sheegtid calaamadaha ifilada ee uu qabo qofka aad jeceshahay gacalkaagu. Dhakhtarkaagu waxa uu talo kaa siin doonaa daryeelka guriga ama uu kuu sheegi doonaa haddii loo baahan yahay daryeel degdeg ah.
- Qor taariikhda, wakhtiga, qandhada, calaamadaha, dawooyinka la siiyay iyo qadarka. Qor marka calaamadaha qofku is beddelaan.
- Sii cabitaano badan si aan dheecaanku uga dhamaan, taasoo noqon karta arrin culus. U hubso in qofka jirani cabo cabitaano badan, jalaato/iskiriin iyo cuntooyinka sida maraq iyo fuud marka ugu horeysa ee la arko calaamadaha ifilada. Haddii leeyahay shuban ama matag, sii cabitaano ay ku jiraan elektaroolaytyo iyo fitamiino sida cabitaanada isboortiga sida Gatorade iyo Powerade.
- Haddii cabitaanadu ay lallabada ku sii kicinayaan, sii hal kabasho halkii mar ilaa uu ka roonaanayo lallabada.
- Waxa laga yaabaa in dhakhtarkaagu uu amro dawooyinka yareeya calaamadaha ifilada, sida dawooyinka lidka-fayraska.
- Si aad gargaar uga geysatid yareynta qandhada, sii:
  - Cabitaano badan.
  - Dawada yareysa qandhada, sida acetaminophen ama ibuprofen. Ha siin asbiriin qof ka yar 20 sannadood.
  - Qubeys ah marmarin buush iyada oo la isticmaalo biyo diiran.
- U hubso in dhamaan xubnaha qoysku helaan nasasho ku filan. Iska ilaali isticmaalka khamri iyo waxyaabaha tubaakada ama buuriga ka sameysan si aad caafimaad u heshid.

### **Wac dhakhtarkaaga markale haddii qof aad jeceshahay uu leeyahay:**

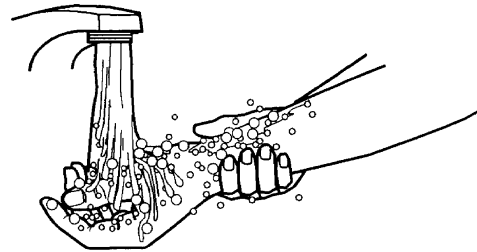
- Qandho ka sareysa 105°F (40.5°C) oo ah dadka waaweyn ama ilmaha ka weyn 2 sannadood
- Qandho ka saeysa 103°F (39.4°C) oo ah ilmaha jira 3-24 bilood
- Heerkul malawadka ah oo ah 100.4°F (38°C) ama ka sareeya oo ah ilmaha ka yar 3 bilood
- Qadhqadhyo gariir leh
- Qufac keenaya xab adag
- Calaamadaha qalalka sida af qalalan ama haraad weyn
- Xaaladaha caafimaad ee kale sida cudurka wadnaha ama sonkor/sonkorow ama macaan oo ka sii dara

**Call 911** or go to the emergency department if your loved one has:

- Confusion
- Problems with breathing or chest pain
- Bluish skin
- Stiff neck
- Not able to move an arm or leg
- Seizures

### **To prevent the spread of the flu virus to others:**

- Have the infected person and caregiver wear a surgical mask.
- Wash your hands with soap and warm water before and after providing care or touching items that may have germs on them.
  - Wash your hands briskly for 15 seconds.
  - Clean under your nails.
  - Use paper towels to dry your hands so you do not spread germs on shared towels.
  - Use a paper towel to turn off the faucet.
  - Apply alcohol based hand sanitizer. Put enough liquid on your hands to moisten the front and back of your hands and fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands 15-30 seconds or until your hands are dry.
- Cover your mouth and nose with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.
- Keep your hands away from your eyes, nose and mouth.
- Keep everyone's personal items separate.

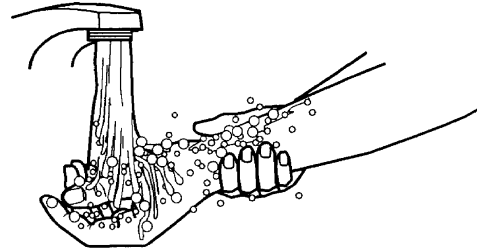


**Wac 911** ama tag qaybta degdegga haddii qofka aad jeceshahay leeyahay:

- Wareer
- Neefsashada oo ku dhib ah ama xanuun laabta ah
- Maqaar buluug ah ama sii madoobaaday
- Qoor adag
- Gacan ama lug aan la dhaqaajin karin
- Suuxdin

**Si looga hortago in fayraska ifilada lagu fidiyo dadka kale:**

- Waa in qofka cudureysan iyo daryeeluhu ay xidhaan waji-qariska dhakhtarka.
- Gacmahaaga ku dhaq biyo diiran iyo saabuun ka hor iyo ka dib marka aad daryeel bixisid ama aad taabatid alaabta laga yaabo inay leeyihiin jeermi.
  - Si xoog leh u dhaq gacmahaaga mudo ah 15 sekan ama il bidhiq.
  - Nadiifi hoosta cidiyahaaga.
  - Isticmaal tuwaalo/shukumaano waraaq ah si aad ugu qalajisid gacmahaaga si aanad jeermiga ugu fidin tuwaalada la wadaago.
  - Isticmaal tuwaal/shukumaan waraaq ah si aad u xidhid qasabada biyaha.
  - Gacmahaaga mari nadiifiye leh alkolo. Mari in ku filan gacmahaaga si aad u qoysid xagga hore iyo xagga dambe ee gacmahaaga iyo farahaaga. Ugu xoq si xoog leh oo la mid ah marka aad dhaqaysid gacmahaaga. U hubso in aad qoysid inta u dhexeysa farahaaga. Isku xoq gacmahaaga mudo ah 15-30 sekan ama ilaa ay gacmahaagu ka qalalayaan.
- Afkaaga iyo sankaa ku dabool masar waraaq ah marka aad qufacdid ama hindhistid si aanad jeermiga ugu fidin dadka jooga agagaarkaaga. Tuur masarka waraaqda ah oo dhaq gacmahaaga. Haddii aanad haysan masar waraaq ah, ku qufac ama ku hindhis garabkaaga ama cududdaada.
- Ka ilaali gacmahaaga indhahaaga, sankaa iyo afkaaga.
- Alaabta gaarka ee qof kasta gooni ka dhig.



- Avoid sharing items such as food or eating utensils, toys, computers, pens, papers, clothes, towels, sheets or blankets, unless they are disinfected.
- Clean surfaces such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water with one part bleach.
- Use detergent and very hot water to wash dishes or clothes. Dishes used by sick people can be safely washed with dishes used by others if detergent and very hot water are used. The same is true for washing laundry.
- Wear disposable gloves when cleaning up body fluids then wash your hands.

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- Iska ilaali in aad wadaagtid waxyaabaha sida cunto ama qalabka cunista, alaabta ciyaarta ee caruurta, kombiyuutaro, qallimo, waraaqo, dhar, tuwaalo/shukumaano, go'yaal ama busteyaal, haddii aan la jeermi-tirin.
- Nadiifiye jeermi-tir ah ama nadiifiye leh cadeeye (bleach) ku nadiifi oogada miisaska, saxanka dhiqista, qasabadaha, gacanta albaabada, teleefonada iyo barta shidista iftiinka ama nalka.
- Isticmaal saabuunta budada ah iyo biyo si aad ah u kulul si aad u dhaqdid suxuunta/saxamada ama dharka. Suxuunta ay isticmaalaan dadka jiran si amaan ah ayaa loola dhiqi karaa suxuunta ay isticmaaleen dadka kale haddii la isticmaalo saabuunta budada ah iyo biyo si aad ah u kulul. Isla taa ayaa sax ku ah dharka la dhaqayo.
- Gasho gacmo-galisyo marka aad nadiifinaysid dheecaanka jidhka ka dibna dhaq gacmahaaga.

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