

Follow these Home Care Instructions:

- Keep sick individual in bedroom apart from healthy people as much as possible to prevent spread of illness. Have sick person wear a mask when out of their “sick room.”
- Give lots of liquids: popsicles, broth/soups, water, Gatorade, Pedialyte for children, etc.
- Encourage plenty of rest/sleep.
- Wash hands before eating, after coughing and sneezing. Use hand sanitizers when you can’t wash.
- Cover your coughs and sneezes. Avoid touching your eyes, nose and mouth so germs don’t spread.
- Give correct doses for age of Tylenol (acetaminophen) or ibuprofen (Motrin, Aleve, Advil) for fevers, body aches, or headaches. *Do not give aspirin to children younger than 18 years of age.*
- Spray all light switches, doorknobs and faucet handles with Lysol spray/bleach water (see recipe) or use Lysol wipes frequently. (*Homemade bleach water solution: 8 tsp. bleach to 16 ounces water in clean, empty spray bottle. Make fresh every day.*)
- When you feel better, buy a new toothbrush. Change sheets and blankets, wash in hot water, and spray beds with Lysol spray before re-using.

For children, call an ambulance or go to the hospital ER if your child is/has:

- Fast, painful or trouble breathing. Children may “belly breathe” where their stomachs are moving in and out rapidly, and/or have retractions between the ribs (the space between the ribs goes inward as the chest expands)
- Bluish or gray coloring to skin, lips.
- Not drinking enough fluids.
- Severe or persistent vomiting.
- Not waking up or not interacting normally with others.
- Being very fussy or irritable and not wanting to be held.
- Flu-like symptoms improve, but then come back with a fever and a worse cough.