

Stay at Home Toolkit

For Influenza



Working for Healthy Communities

Stay at Home Toolkit

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PREVENTION



Preventing the Spread of Influenza

*Basic information on what household members can do to
prevent the spread the flu.*

Preventing the Spread of Influenza

Preventing the Spread of Influenza (Flu)

Most persons with the flu will be able to remain at home while they are sick. They can care for themselves or be cared for by others who live in the household.



This information is intended to help recognize the symptoms of influenza and care for sick persons in the home, both during a typical flu season and during a flu pandemic.

At the outset of a flu pandemic, a vaccine will not be available for several months. However, it's still a good idea to get seasonal flu vaccine (a shot or nasal mist) to protect from seasonal flu viruses. For more information on seasonal flu vaccine in Central Utah, please call 435-896-5451 or go to CentralUtahPublicHealth.com.

Know the symptoms of Influenza, which may include:

- Sudden onset of illness
- Chills
- Headache
- Stuffy nose
- Feeling of weakness

- Fever higher than 100.4 degree Fahrenheit
- Cough
- Sore throat
- Muscle aches
- Diarrhea, vomiting, abdominal pain and/or exhaustion occur more commonly in children

Prevent the Spread of Illness in the Home

Flu can spread easily from person to person therefore, anyone living in or visiting a home where someone has influenza can become infected. For this reason, it is important to take steps to prevent the spread of flu to others in the home.

What Caregivers Can Do

Caregivers need to separate flu patients from other people as much as possible. When practical, the sick person should stay in a separate room away from other persons. Other people living in the home should limit contact with the sick person as much as possible. One person in the household should be the main caregiver for the sick person. Ideally, this caregiver should be healthy and not have medical conditions that would put him or her at risk of severe influenza disease.

Medical conditions as much as considered “high risk” include the following:

- Pregnancy
- Heart Problems
- Chronic lung diseases
- Disease or treatment that suppresses the immune system

- Diabetes
- Kidney Disease
- Age over 65**

Preventing the Spread of Influenza

Watch for Influenza Symptoms in other Household Members

If possible, contact your health care provider if you have questions about caring for the sick person. However, it may be difficult to contact your usual health care provider during an influenza pandemic. The Central Utah Health Dept. website will provide frequent updates, including how to get medical advice. If special telephone hotlines are used, these numbers will also be on the website and announced through the media.



Wearing surgical masks (with ties) or procedure masks (with ear loops) may be useful in decreasing spread of influenza when worn by the person and/or caregiver during close contact (within 3 feet). If masks are recommended by Central Utah Public Health Dept. to be useful, they must be worn at all times when in close contact with the person with the flu. Throw away masks after each use. Wearing gloves and gowns **are not** recommended for household members providing care in the home.

What everyone in the Household can do:

- Wash hands with soap and water, or if soap and water is not available, use an alcohol-based cleanser/hand sanitizer (like Purell or a store-brand) after each contact with a person with the flu or with objects in the area where the person is located. **WASHING YOUR HANDS IS THE SINGLE BEST PREVENTIVE MEASURE FOR EVERYONE IN THE HOME.**
- Do not touch your eyes, nose or mouth without first washing your hands for 20 seconds (sing *Happy Birthday* twice). Wash hands before and after using the bathroom.
- Wash dirty dishes either in a dishwasher or by hand with warm water and soap. It's not necessary to separate eating utensils used by a person with influenza.
- Laundry can be washed in a standard washing machine with warm or cold water and detergent. It is not necessary to separate soiled linen and laundry used by a person with influenza from other household laundry. Do not hold or carry the laundry close to your body or face, in order to avoid contamination. Wash hands with soap and water after handling soiled laundry.
- Place tissues used by the sick person in a bag and throw it away with other household trash. Consider placing a bag at the bedside for this purpose.
- Clean counters, surfaces, and other areas in the home regularly using everyday cleaning products.

Preventing the Spread of Influenza

Prevent the Spread of Illness in the Community

Stay at home if you are sick. Sick persons should not leave the home until they have recovered because they can spread the infection to others.

In a typical flu season, people with the flu should avoid contact with others for about 5 days after exposure to the illness. During an influenza pandemic, public health authorities will provide information on how long persons with the flu should remain at home.



You and your loved ones may want to use the Internet as a primary resource. The Internet can serve as a link to outside resources such as: up-to-date information on influenza, medical and social services, and access to food delivery services. The Internet will help reduce the spread of influenza by allowing sick persons to stay at home. If the sick person must leave home) such as for medical care), he or she should wear a surgical or procedure mask, if recommended, and do the following:

- Cover mouth and nose when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.
- Use tissues to contain mucous and watery discharge from the mouth and nose.
- Dispose of tissues in the nearest waste basket after use or carry a small plastic bag (like a zip-lock bag) for used tissues.
- Wash hands with soap and water or use an alcohol-based hand cleanser after covering your mouth for a cough or sneeze, after wiping or blowing your nose and after handling contaminated objects and materials, including tissues.
- During an influenza pandemic, only people who are there to care for or support should enter a home where someone is sick with pandemic influenza unless they have already had influenza.
- If other persons must enter the home, they should avoid close contact with the person and use the infection control precautions recommended on this sheet.

PREVENTION

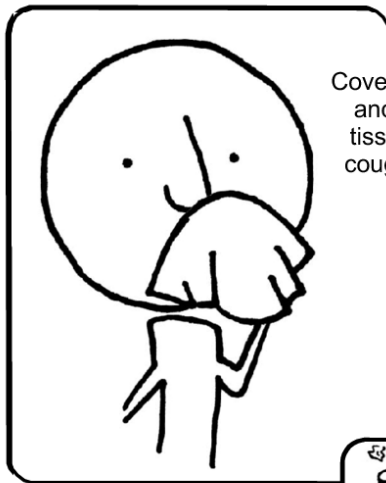
Cover Your Cough

Techniques everyone can use to limit the spread of infection when you cough or sneeze.



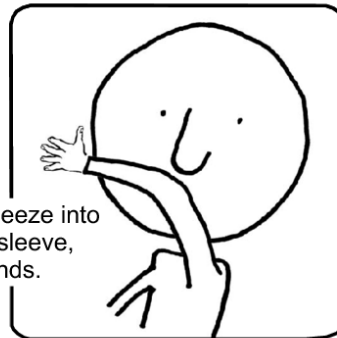
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or
cough or sneeze into
your upper sleeve,
not your hands.



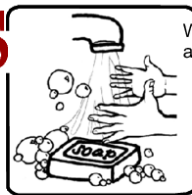
Put your used tissue in
the waste basket.



You may be asked to
put on a surgical mask
to protect others.

Clean your Hands

after coughing or sneezing.



Wash with soap
and warm water
or
clean with
alcohol-based
hand cleaner.



El Paso City-County Health & Environmental District
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PREVENTION

Maintain a Healthy Mind and Body

*Important information on how to keep yourself and others
mentally and physically healthy during influenza.*



Maintain a Healthy Mind and Body

Things to remember when trying to understand an influenza outbreak or pandemic:

- It is normal to worry about yourself and your family's safety.
- Everyone is touched by an influenza outbreak or pandemic.
- Grief and anger are normal reactions.
- Focusing on your strengths will help you heal.
- Everyone has different needs and different ways of coping.

Common reactions that may occur during an influenza outbreak or pandemic could be:

- Difficulty talking, sleeping, walking and concentrating
- Increased irritability
- Depression, sadness, mood swings, and crying easily
- Feelings of helplessness
- Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time
- Concerns about those who depend on your for care
- Fears of separation from life activities
- Feeling a lack of control, especially when control is entirely in the hands of others
- Increased boredom



How to keep healthy when staying at home:

- Learn as much as you can about influenza, and be aware of normal reactions during a flu outbreak or pandemic.
- Keep to your usual routine, as much as possible.
- Have activities on-hand that can prevent boredom (games, toys, etc.) and keep your mind active.
- Contact a mental health professional or call a mental provider before, during, and after an influenza outbreak or pandemic, if self-help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.
- Keep your living space as comfortable as possible.
- Get plenty of sleep, try to exercise, eat healthy and relax.
- Establish a family emergency plan that includes where to meet if you become separated and important phone numbers.

Pay Special Attention to Children

- Let children know it is okay to feel upset when something scary happens.
- Encourage children to express feelings and thoughts, without making judgment.
- Enjoy your child and take part in activities together.
- Turn off the TV and radio, especially if the news makes you worried. If you are worried your child can sense it.



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Disaster Work and Mental Health: Prevention and Control of Stress Among Workers (DHHS Publication No. ADM 85-1422, pp. 45-149). Rockville, MD: NIMH. Flynn, B (1987).

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PREVENTION

How to Use a Thermometer

*Steps on using an oral digital thermometer that everyone
should know.*



How to Use a Thermometer

Use a digital thermometer, with numbers, not the old kind of thermometer with mercury (a silver or red line). Old thermometers that contain mercury are a danger to the environment and to human health and should be disposed of properly. Please bring mercury thermometers to the Central Utah Public Health Department's Environmental Services (see our website for office locations www.centralpublichealthdept.com).



Oral Use (basic digital thermometer only)

Place the end of the thermometer well under the tongue. The mouth should remain closed. Do not bite the thermometer.

When you hear “beep” sounds remove the thermometer from the mouth.

Read the numbers on the screen. Normal temperature is 98.6 degrees.

Underarm Use

Place the end of the thermometer in the armpit so that the probe touches the skin. Hold the arm next to the body.

When you hear “beep” sounds take out the thermometer.

Read the numbers on the screen. Normal temperature is 98.6 degrees.

Note: Rectal use is recommended for babies and young children. Instructions for this method are in the thermometer package. There are times when you may have to take an adult's temperature rectally.

How to clean the thermometer

- Use alcohol wipes or a cotton ball (saturated with 70% Isopropyl Alcohol or Rubbing Alcohol).
- Rub the alcohol wipe over the entire thermometer
- Dry the thermometer with a clean dry cloth or cotton ball
- NEVER return an unclean thermometer to the storage case.



Note: If taking many temperatures use a plastic cover for the end of the thermometer. **DO NOT** reuse thermometer covers.

Formula for Disinfection

It is important to clean surfaces such as counters, toilets and sinks, railings, telephones, computer keyboards and mouse, remote controls, and other common surface areas in your house.

Disinfectant	Recommended Use	Precautions
<p>Household bleach may be used in a 1 to 64 ratio with water. For example, to make approximately 1 gallon of disinfectant: mix $\frac{1}{4}$ cup bleach and 15 $\frac{3}{4}$ cups water.</p> <p>To protect the disinfectant properties of bleach, store it in an opaque container, avoid exposure to sunlight. Remix daily for maximum effectiveness.</p> <p>Clorox surface spray is a good pre-mixed alternative.</p> <p>Surface disinfecting wipes are also a suitable substitute.</p>	<p>Disinfection of material contaminated with blood and body fluids.</p>	<p>Should be used in well-ventilated areas.</p> <p>Gloves and protective clothing required while handling and using undiluted bleach.</p> <p>DO NOT mix with strong acids or ammonium based products to avoid release of noxious fumes.</p> <p>Corrosive to metals.</p>
<p>Alcohol: E.G. Isopropyl (rubbing alcohol) 70% or ethyl or alcohol 60%.</p> <p>Purell or a similar waterless antibacterial hand hygiene cleaner may be used for hand hygiene purposes.</p>	<p>Smooth metal surfaces, tabletops, and other surfaces on which bleach cannot be used.</p>	<p>Flammable and toxic. To be used in well-ventilated areas. Avoid inhalation.</p> <p>Keep away from heat sources, electrical equipment, flames and hot surfaces.</p>



Prevention

Influenza Stay at Home Toolkits

*A list of suggested items that should be in an
emergency toolkit.*



Influenza Stay at Home Toolkits

List of recommended items for people to include in their emergency kits at home:



- Thermometer (digital preferred) information on taking your temperature and cleaning a thermometer is included in this kit.
- Alcohol wipes or cotton balls that are saturated with 70% Isopropyl Alcohol or Rubbing Alcohol (to clean thermometer)
- Fever Reducing Medication (Motrin, Advil, Tylenol) take as directed by a physician.
- Juices and liquids – hydration is important!
- Plastic/Paper utensils, plates, cups, and napkins – to avoid the need to wash dishes used by person(s) with influenza.
- Tissues – in order to contain respiratory secretions. Dispose in nearest waste basket after each use.
- Soap and water – for hand washing
- Hand Sanitizer (like Purell) to be used if hand washing facilities are not available.
- Trash bags – to dispose of waste products (e.g., tissues, plastics and paper products).
- Surgical mask (with ties) or Procedure Mask (with ear loops), one for each person in the household – use only if instructed to do so by Central Utah Health Dept. (who will be notified by the Centers for Disease Control and Prevention).
- List of Internet resources for possible delivery of goods and services to your home. (e.g., groceries, medical products).

Caregiving

Care for Families, Friends, Neighbors and Pets



Caregiving

How to Care for Someone with Influenza

Tips and suggestions on methods to care for someone who has the flu.



How to Care for Someone with Influenza

During a severe influenza outbreak or pandemic, when people are infected worldwide, the media and healthcare providers will tell residents of Central Utah how to obtain medical advice and care. The following information is a general guide and is not intended to take the place of medical advice from a healthcare provider.

Monitoring and Comforting

- Keep a care log. Date, Time, What Observed. Record the following information about the sick person at least once each day or more often as symptom change, include the date and time. Please see enclosed care log (Caregiving Sheet #2).
- Check the person's temperature using a digital thermometer
- Check the person's skin for color (pink, pale or bluish) and rash
- Record the approximate quantity of liquids consumed each day and through that night
- Record how many times the sick person goes to the bathroom each day and the color of the urine (clear to light yellow, dark yellow, brown or red)
- Record all medications, dosages and times given

Keep tissues and a trash bag for their disposal within reach of sick person.

Remember that fever is a sign that the body is fighting the infection. It will go away as the person gets better. Sponging with lukewarm (wrist-temperature) water may lower the person's temperature, but only during the period of sponging. Do not sponge with alcohol.

Watch for complication of influenza. Complications are common in individuals with health conditions such as diabetes, heart disease and lung problems, but may occur with anyone who has the flu. **If the sick person develops any of the following complications, seek medical attention immediately.**

- Difficulty breathing, fast breathing, or bluish color to the skin or lips
- Coughing up blood
- Signs of dehydration (not drinking enough liquids) and cannot take enough liquids
- Difficulty responding or communicating appropriately or appears confused
- Convulsions (seizures)
- Gets worse after appearing to improve
- Is an infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day or other signs of illness



How to Care for Someone with Influenza

Medications

Use ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) or other measures, as recommended by your healthcare provider, for fever, sore throat and general discomfort. **Do not use aspirin in children or teenagers** because it can cause Reye's syndrome, a life-threatening illness.

Liquids and Nutrition

If the person is **not** vomiting, offer small amounts of liquids frequently to prevent dehydration, even if he or she does not feel thirsty. If the sick person is not eating solid foods, include liquids that contain sugars and salts such as broth or soups, sports drinks like Gatorade (diluted half and half with water), Pedialyte or Lytren (undiluted), ginger ale, cola, and other sodas, but not diet drinks or drinks with high amounts of caffeine. Regular urination is a good sign of hydration. Recipe for electrolyte replacement: 2 quarts water, 1 teaspoon baking soda, 1 teaspoon salt, 7 tablespoons sugar or sugar substitute (if diabetic).

Recommended minimum daily liquid intake, if not eating solid food:

Young children – 1 ½ oz. per pound of body weight per day (multiply 1.5 times the Weight of the child). Examples:

- A 10 lb. child needs approximately 15 oz. of fluid per day
- A 20 lb. child needs approximately 30 oz. of fluid per day

Older children and adults – 1 ½ to 2 ½ quarts per day (3-5 8 oz. cups or 2-3 12 oz. cans or bottles)

If the person **is** vomiting, do not give any liquid or food by mouth for at least 1 hour. Let the stomach rest. Next, offer a clear liquid such as water, weak tea, ginger ale, or broth in very small amounts. Start with 1 teaspoon of clear liquid every 10 minutes. If the person vomits, let the stomach rest again for an hour. Again, try to give small frequent amounts of clear liquid. When there is no vomiting, gradually increase the amount of liquid offered and use liquids that contain sugars and salts. After 6-8 hours of a liquid diet without vomiting, add solid food that is easy to digest such as saltine crackers, dry toast, soup, mashed potatoes or rice. Gradually return to a regular diet.

Babies who are breast-fed and vomiting can continue to nurse. Let your baby nurse more often by breastfeeding for 4-5 minutes every 30-45 minutes or by offering small amounts (1/2 ounce or less at a time) of Pedialyte or Lytren or homemade solution above on its' own every 10 minutes in a bottle.



How to Care for Someone with Influenza

Tell the person to avoid drinking alcohol and using tobacco. **Do not allow smoking in the house.**

Watch for the Following Signs of Dehydration or Not Drinking Enough Liquids:

- Weakness or unresponsiveness
- Decreased saliva/dry mouth and tongue
- Sunken eyes
- Skin tenting or turgor: check this by picking up layers of skin between your thumb and forefinger and gently pinching for 1 second. Normally, the skin will flatten out into its usual shape right away. If the person is dehydrated, the skin will “tent” or take 2 more seconds to flatten out. This is best checked on the belly skin of a child and the upper chest of an adult.
- Infants: dehydration symptoms would be fewer than 3 wet diapers in the last 24 hours.
- Decreased output of urine, which becomes dark yellow in color from dehydration. Sick persons who are getting enough liquids should urinate at least every 8-12 hours.
- If the sick person is dehydrated, give sips or spoonfuls of liquids frequently over a 4-hour period. Watch for an increase in urination, a lighter color of urine and improvement in the person’s overall condition.

Dehydration in infants and the elderly can be dangerous, seek medical attention immediately if symptoms continue or worsen.

Maintain a Healthy State of Mind

- Keep the sick person as comfortable as possible.
- Rest is important
- Tell your family why people might be asked to stay at home.
- Tell our family that normal reactions to a stressful event are feelings such as: nervousness, grief, anger, sleeplessness and sadness.
- Contact a mental health professional or call a mental health provider before, during and after an influenza outbreak or pandemic, if self-help strategies are not helping or if you find that you are using drugs/alcohol in order to cope.

For children:

- Let the child know that it is okay to feel upset when something bad or scary happens.
- Encourage the child to express feelings or thoughts, without making judgments.
- Return to daily routines as much possible.



Sources: This document was adapted and reprinted with permission of Public Health – Seattle & King County, WA. Information obtained from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Caregiving

Personal Care Log

A table for tracking a person's health during the flu.



Personal Care Log

Influenza Care Log

(Copy, fill out and bring log sheets to health care provider visits)

Name _____ Name of Health Care Provider _____

Date	Time	Observations*	Temperature	Medications

*Any symptom such as coughing, confusion, how the person looks; what the person is doing; liquids or foods taken since last observation.

Caregiving

Disaster Preparedness Animal Supplies Checklist

A resource for information on taking care of a pet during an emergency.



Disaster Preparedness Animal Supplies Checklist

DISASTER PREPAREDNESS ANIMAL SUPPLIES CHECKLIST *PREPARE YOUR DISASTER KIT TODAY!*

FOOD



Keep at least one week supply stored in airtight containers
Rotate food every three months
Include a can opener, spoon and extra bowl

WATER



Keep at least two weeks supply stored in airtight containers
Rotate water every two months
Include an extra bowl

IDENTIFICATION



Animals should always wear a collar and tag
Identify your animal permanently with a microchip
Keep current photos of your animals
Include yourself in some photos as proof of ownership

CLEANING SUPPLIES



Prepare a small container of dish soap and disinfectant
Include several rolls of paper towels and plastic bags



Disaster Preparedness Animal Supplies Checklist

DISASTER PREPAREDNESS ANIMAL SUPPLY CHECKLIST

SPECIES-SPECIFIC NEEDS



BIRDS, REPTILES & RABBITS

- At least one week supply of cage liners
- A long-handled net, heavy towel and blanket
- A flashlight and extra batteries
- Extra water bottles or bowls
- An evacuation cage or carrier



DOGS

- Pooper scooper and/or small plastic bags
- Collapsible crate or kennel
- Harness, leash and cable/screw stake



CATS

- Extra litter box and scooper
- One week supply of litter
- Small plastic airline kennel
- Harness and leash



HORSES, SWINE & CATTLE

- Halter and lead rope for each animal
- Extra feeding bucket, water trough, salt lick and tie-out rope
- Clean garbage cans for large quantities of water
- Two weeks supply of bedding materials
- Fence panels to create smaller enclosure
- Manure fork



Comfort Care at Home

9/22/09

Adapted from UHA/UDOH

In an outbreak some patients may need to be cared for at home because hospital resources will be limited. Instead of a cure, this section will focus on how to care for and comfort your loved one at home.

Easing your loved one's symptoms:

For fever and pain give acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) in the dose instructed on the back of the box or bottle. (Do not give aspirin to a child or teenager). You can also temporarily ease a fever by sponging your loved one with tepid water (just warm enough to keep him from shivering).

If your loved one is vomiting (throwing up) don't give anything to eat or drink for about an hour afterward. After an hour, give small amounts of clear liquids (a few sips of soup, juice, weak tea, water, soda, etc.) every 10 minutes. If your loved one vomits, let the stomach rest again for an hour. If your loved one is able to go for 6 hours on a liquid diet without vomiting, gradually increase the amount of liquid and give and add easy to digest foods like saltine crackers, dry toast, applesauce, bananas, white rice or mash potatoes. *Note: if your sick child is breastfeeding, continue to nurse and also give small (about ½ ounce) amounts of Pedialyte every 15 minutes by bottle or cup.*

If your loved one isn't hungry or thirsty, don't force it. Forcing food or drink may cause more distress than comfort. Instead, offer small, frequent snacks of favorite foods. Try cool, soft foods such as puddings or applesauce. If your loved one is thirsty, offer popsicles or fluids that contain sugar or salt such as ginger ale or sports drinks.

If your loved one is dehydrated, you'll notice a decrease in urine (pee) output. The urine may have a darker color and strong smell. The eyes, skin and mouth may look dry. To make your loved one more comfortable, continue to offer liquids. Wipe his mouth with a wet washcloth. Put lip balm on his lips and rub lotion on his body. Offer small sips of fluid.



More ways to comfort & care for Your loved one:

Besides treating symptoms, you can help your loved one in these ways:

- Make going to the bathroom easy. Remind your loved one to use the bathroom and help her get there (or use a bedpan or commode). Another good option is to use adult diapers. Above all, be sensitive to your loved one's feelings. Some people try to limit liquids so they won't need to use the bathroom, but this is not healthy.
- Keep your loved one comfortable in bed. Change sheets as often as needed and try to keep them wrinkle-free. If your loved one isn't moving much, help reposition her about every two hours.
- Talk with your loved one. Reassure your loved one that you'll stay nearby. Listen. Let him make choices whenever possible.
- Touch your loved one. Rub his back, arms, legs or feet. If your loved one is unable to move, help him change position from time to time.
- Help your loved one relax. Deep breathing and relaxation exercises may help him feel better. Do these exercises together, helping him to find a calmer state. Try filling the room with soft music or with an aroma. Lavender is often soothing.

Help your loved one stay clean. She'll feel more comfortable if her body is clean. Her face, armpits and groin should be cleaned every day with a warm washcloth. Let her clean herself if she can. Twice a week, your loved one should have a bath or shower. A bath bench or shower chair can help. If your loved one is too weak for a bath or shower, give her a bed bath. Here's how:

- Using a warm cloth, gently wash your loved one's skin with warm water and soap. (Set a large bowl with warm water next to the bed so you can keep the washcloth warm, wet and clean). Use soft pressure, don't rub too hard. Arrange for privacy.
- Beginning with your loved one's face, wash one area of her body at a time so that you finish with her feet. Don't forget to wash her back. As you wash each area of the body, leave the rest of her body covered with a blanket so she won't get chilled. Before moving to a new area, pat the skin dry with a clean towel.
- When you've finished the bath, rub lotion or powder on the skin.

Is death near?

If your loved one is approaching the end of his life, you must focus on giving him things that bring him comfort and on letting go of any treatments that upset or stress him. Now is the time to simply be together and give love and comfort. Your family may want to have a spiritual or religious ritual such as prayer, singing or a blessing. Here is what you may notice as your loved one nears death – and how you may respond:

- Your loved one no longer wants to eat or drink. As the body slows down, he doesn't feel hunger or thirst, and won't suffer from the lack of foods or liquids. So don't force meals or drinks. Simply keep their mouth and lips moist with wet washcloths and lip balm.
- Your loved one urinates very little or not at all and the urine is very concentrated (dark and strong smelling).
- Your loved one becomes increasingly sleepy and withdrawn. They may not respond to you and may become confused. As this happens, continue to reach out gently. Talk to your loved one and reassure them that you are there. Allow them to experience her own reality and keep instructions simple. If you need to, remind her who you are. Explain what you are doing and why you are doing it.
- Your loved one's body begins to cool and the skin changes. The skin may become splotchy or very pale grey and dusky purple. The skin cools and color changes may begin in the hands and feet and gradually extend to the arms and legs. These changes are not uncomfortable to him.
- Breathing may become noisy. You may hear gurgling sounds. This is difficult to hear, but it may help to know that this breathing is not painful. You may turn your loved one's head to the side to allow any secretions to drain out. Suctioning won't help at this point.
- As death draws near, your loved one's breathing rhythm will change. They may breathe slower or more shallowly. Breaths may become irregular and there may be long pauses between breaths. This phase of dying may go on for minutes or hours before your loved one stops breathing completely.
- When you think death has occurred, contact your funeral home and inform your doctor as soon as possible. ***Please do not call 911.***
- While you wait for the funeral home, open the window in your loved one's room, make sure heat vents are closed and keep the door to this room closed.
- Wear gloves and a mask, keep your loved one dressed in the same clothes they died in, and wrap your loved one in the sheet that is on the bed.

Caregiving

Guidance for Employees Returning Back to Work after Influenza Illness

*Suggestions for someone recently recovered from the flu and
who is able to return to work.*



Guidance for Employees on Returning to Work after Illness

Overview of influenza (flu) Virus Symptoms

Flu viruses are spread from person to person primarily through respiratory droplet transmission (for example when an infected person coughs or sneezes in close proximity, normally 3 feet or less, to an uninfected person). The virus may also be spread through contact with infectious or contagious respiratory secretions on the hands on an infected person or by touching objects or surfaces contaminated with the virus.

The typical incubation period, the time between when a person is first exposed to an infectious disease to when signs and symptoms develop, for seasonal influenza is 1-4 days, with an average of 2 days. Adults can be infectious from the day before symptoms begin through approximately 5-7 days after illness onset. Children can be infectious for more than 10 days after the onset of symptoms. Severely immunocompromised persons can be infectious for weeks or months.



Current Criteria for Employees Returning to Work after Seasonal Influenza

- Workers who have become sick with the flu should stay at home until all of the following criteria are met:
- At least 7 days have passed since the symptoms of illness began; AND
- Fever has resolved and has not been present for at least 24 hours without fever reducing medication; AND
- Cough is improving (decreasing in frequency and amount of secretions with no associated chest discomfort or shortness of breath)

Upon returning to the work environment, employees should continue to follow cough etiquette and hand washing protocols. (See *Cover Your Cough*)

Criteria for Pandemic Influenza

Experts do not know whether the mode of transmission, incubation period or contagious period of a pandemic flu virus will be similar to those of the regular seasonal influenza. Because of this, employers must be alert to specific recommendations from the Central Utah Public Health Department during an influenza pandemic. Management of illness in the workplace, including when it is safe for workers to return to work, will be communicated through various media as necessary. **For the most current information contact the Central Utah Public Health Department at 435-896-5451 or visit www.centralutahpublichealth.com**



Working for Healthy Communities

Basic 72 hour kit for infants or newborns:

- 96 oz of water (can cover a baby drinking up to 32 oz a day)
- Formula –POWDERED ONLY – be sure you have at least 48 scoops worth
- 2-5 bottles and nipples (the more you have the less you have to boil and wash them)
- A pack of diapers (or more)
- 2 packs (72 count each) of Diaper wipes – they can be used for cleaning as well as diaper changes
- Clothes- pack 2 sizes too big. It's much easier to put babies into something that's too big, than too small.
 - 5 onesies
 - 5 footie pajamas
 - 2-3 pairs of pants
 - 6-10 pairs of socks – they can double as mittens for keeping hands warm too
- Burp rags or smaller blanket
- 2 emergency blankets, which retain more heat and can be used as an additional layer over a comfortable receiving blanket
- Hand warmers
- Thermos (Helps keep cold things cold and hot things hot)
- A couple rolls of toilet paper
- Teething tablets or gel (for older infants you can add this later)
- Pedialyte or singles equivalent
- 1-2 boxes of nursing pads (if disposable, reusable will require laundry and bleach daily)
- Sunblock
- Hand sanitizer
- Baby wash and lotion
- Tissues (as much for you as them)
- 2 pacifiers (even if you don't plan on using them pack them. Desperation may change your mind and nipple confusion is more likely to happen if the pacifier is introduced later)
- Infant Tylenol and Motrin (which is best for teething) Be sure and rotate this.
- Bulb syringe
- Baby powder
- Diaper rash cream
- 2-3 receiving blankets
- Ziplock baggies (gallon size) for stashing dirty clothes and diapers
- Consider packing a small camp stove for boiling water for sanitizing
- Learn First Aid for infants. <https://www.acls.net/a-parents-guide-to-first-aid.htm>

Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	
Reference: Academy of Breastfeeding Medicine. (2004) Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants [PDF-125k] . Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available			

Thawing or warming milk

1. The oldest milk should be used first.
2. The baby may drink the milk cool, at room temperature, or warmed.
3. Thaw milk by placing it in the refrigerator the night before use or gently rewarm it by placing the container under warm running water or in a bowl of warm water.
4. Do not let the level of water in the bowl or from the tap touch the mouth of the container.
5. Milk may be kept in the refrigerator for 24 hours after it is thawed.
6. Never use a microwave oven or stovetop to heat the milk, as these may cause scald spots and will also destroy antibodies.
7. Swirl the container of milk to mix the cream back in, and distribute the heat evenly. Do not stir the milk.
8. Milk left in the feeding container after a feeding should be discarded and not used again.
9. As with all foods, do not re-freeze breast milk once it is thawed or partially thawed.

Once milk is cooled, it should remain cool until the milk is consumed. Refrigerated milk can subsequently be frozen, however once frozen milk is fully thawed it should be used within one

hour. Because of these requirements, a breastfeeding mother needs to consider access to safe storage options in making her decision whether to keep her expressed milk to bring back to her infant or child, or to discard it before returning home.

Depending upon the destination, if no reliable milk storage is available, a mother traveling without her nursing infant or child may need to discard her expressed milk. In such a situation it is important to recognize the value of regular expression while separated to help her maintain her milk supply until she and her nursing infant or child can be reunited, regardless if milk is stored.



Stay at Home Toolkit

Resources

Central Utah Public Health Department

www.centralutahpublichealth.com

435-896-5451

American Red Cross

www.redcross.org

Centers for Disease Control and Prevention

www.cdc.gov

The Humane Society of the United States

www.hsus.org

Substance Abuse and Mental Health
Services Administration

www.samhsa.gov

World Health Organization

www.who.org



Working for Healthy Communities



Working for Healthy Communities

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70 Westview Drive
Richfield, UT 84701
Phone: 435-896-5451

Juab County Office
160 N. Main
Nephi, UT 84648
Phone: 435-623-0696

West Millard Office
428 East Topaz Blvd.
Delta, UT 84624
Phone: 435-864-3612

East Millard Office
40 N. 400 W.
Fillmore, UT 84631
Phone: 435-743-5723

Piute County Office
550 North Main
Junction, UT 84740
Phone: 435-577-2521

Wayne County Office
18 South Main
Loa, UT 84747
Phone: 435-836-1317

North Sanpete County
20 So. 100 West
Mt. Pleasant, UT 84647
Phone: 435-462-2449

South Sanpete County
40 West 200 North
Manti, UT 84642
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