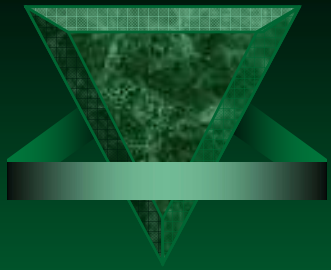




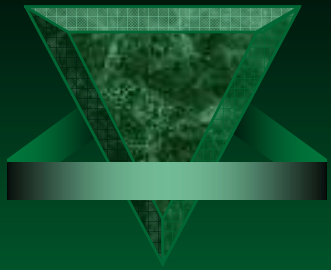
Care of the Ill at Home

Virginia Helget, RN, MSN, CIC
Center for Biopreparedness Education



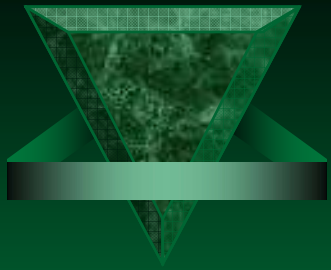
Assumptions

- ✔ Pandemic flu caused by 1 strain
- ✔ Whole family will stay home
- ✔ Immune after person recovers from illness
- ✔ Critical Infrastructure is in place



Why would people be cared for at home?





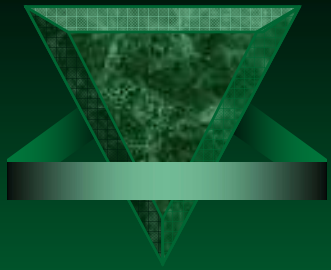
Isolation and Quarantine Definitions

✓ Quarantine

- The restriction of the movement and activities of people who are not yet ill, but who have been or may have been exposed to an infectious agent and are therefore potentially infectious.

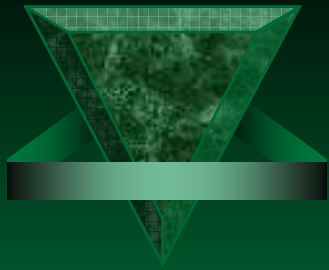
✓ Isolation

- The separation of people who have a specific communicable disease from healthy people and the restriction of their movement to stop the spread of that disease.



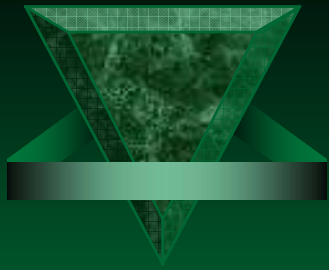
4 Categories of people we are dealing with

- ✓ Unexposed well
- ✓ Exposed well (quarantined)
- ✓ Ill (Isolated)
- ✓ Caregiver (well and continually exposed)



What will they look like?

- ✔ Muscle, joint aches
- ✔ Fever (99°F to 104°F usually for > 2 days)
- ✔ Headache, eye pain
- ✔ Dry cough, sore throat
- ✔ Extreme fatigue
- ✔ Poor appetite
- ✔ Shaking chills
- ✔ Runny, stuffy nose
- ✔ Co-existing diseases



Where do you set up the sick area?

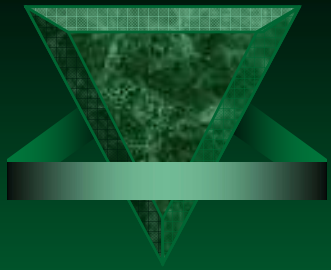
- ✓ Remote area of the home
- ✓ Close the door
- ✓ Own bathroom if possible
- ✓ Air purifier may help
- ✓ Consider combining households or use of community centers.



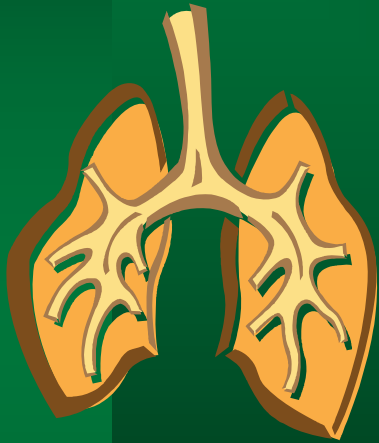
What do you need for care?

- ✔ Symptomatic treatment



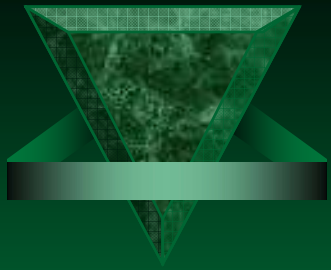


What do you need for care? (cont)



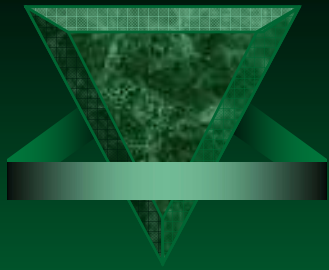


Keep a care log



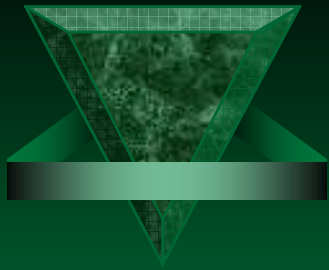
Sample Care Log

Date	Time	Temp	Med	Dose	Resp Rate	Resp quality	Symptoms



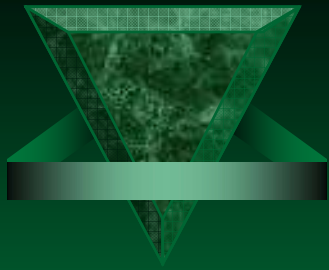
When to call for help

- ✓ High fever
 - $>105^{\circ}\text{F}$ (40.5°C)
 - Children 3-24 months $> 103^{\circ}\text{F}$ (39.4°C)
 - Babies 0-3 Months $> 100.4^{\circ}\text{F}$ (38°C)
- ✓ Coughing with thick mucous
- ✓ Dehydration
- ✓ Worsening chronic medical condition
- ✓ Confusion, disorientation
- ✓ Chest pain when breathing
- ✓ Dusky or bluish skin
- ✓ Stiff neck
- ✓ Seizures



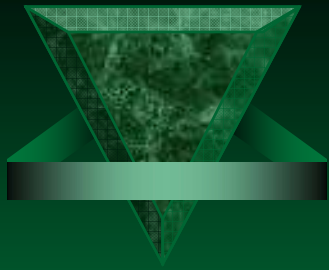
Who would make a good caregiver?

- ✓ Care takers would be in high-risk group
- ✓ Older person in good shape (not feeble)
- ✓ Limit caregivers 1-2
- ✓ Have received flu vaccines in past



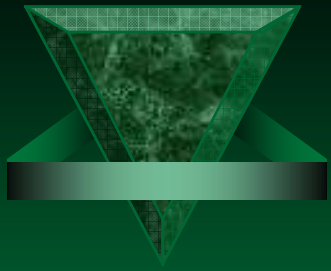
When to discontinue Isolation

- ✔ Shed for 7 days (adults) or 10 days (children) after first symptoms
- ✔ No fever
- ✔ Improvement in cough, wheezing, distress
- ✔ Better color
- ✔ Improved muscle aching



Cleaning and Disinfection

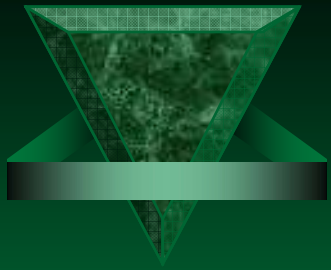
- ✓ Air -- purifier
- ✓ Surfaces
 - Disinfectants
 - What surfaces to disinfect
 - How often
- ✓ Laundry



Food Preparation

- ✔ Utensils
- ✔ Dishwashing

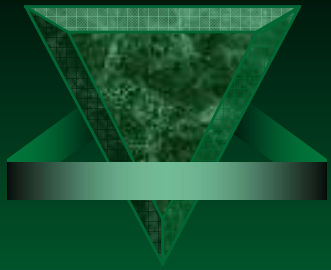




Personal Care Items

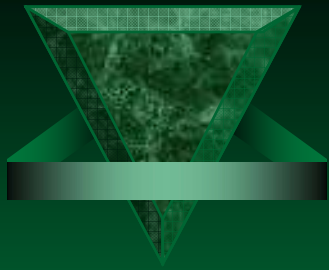
- ✓ Each family member has their own
 - Toothpaste, toothbrush
 - Towels, wash cloths
- ✓ Use paper towels and discard





Supplies to Stockpile

- ✓ “Home Care Kit”
- ✓ Food and Pet supplies, other items needed for all disasters



Things to Think About

- ✓ Exercise equipment
- ✓ Bathroom schedule
- ✓ Communication among selves and others
- ✓ Leaving the house if necessary
- ✓ Emergency contacts for all family members
- ✓ List of health care providers and their phone numbers for each family member
- ✓ Child care when family is at home
- ✓ Diversionary activities for all



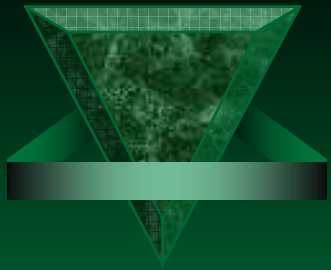
What about caring for someone who
is not mobile?



What if the family member
passes on?

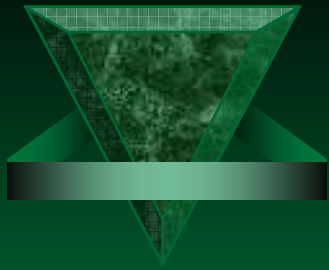


How to protect the Caregiver



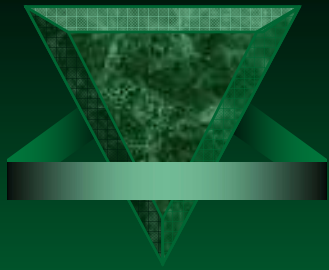
How to protect the Caregiver

- ✔ Masks when in sick room
- ✔ Use good handwashing and hand rinses/gels
- ✔ Cover your cough (cough etiquette)
- ✔ Rest for caregiver, rotation with another
- ✔ Good Nutrition for self
- ✔ Maintain exercise practices
- ✔ Don't forget to take needed meds
- ✔ Continue to get flu shot



Where to go

- ✔ Interim Pre-pandemic Planning Guidance: Community Strategy for Pandemic Influenza Mitigation in the United States, CDC, February 2007.
- ✔ Web site: www.pandemicflu.gov
- ✔ Web site: www.goapic.org (see SPICE documents)
- ✔ Web site: www.cdc.gov/cleanhands/
- ✔ Web site:
http://www.publichealth.va.gov/flu/documents/VAPandemicFluPlan_2006-03-31.pdf



Wrap up

- ✔ Sick room located in an area with no cross over
- ✔ Limit exposure to 1-2 caregivers
- ✔ Stock up on supplies
- ✔ Have a communication system
- ✔ Keep surfaces clean and disinfected
- ✔ Plan for diversionary activities