

Caring For A Sick Family Member

H1N1 Influenza is a new virus that has symptoms similar to seasonal flu, but can quickly develop into breathing problems. H1N1 Influenza is spreading easily from person to person globally.

Symptoms

The symptoms of H1N1 Influenza seem similar to symptoms of regular influenza (flu). They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Children under 5 years may have vomiting and/or diarrhea



Complications such as pneumonia may develop in more severe cases, in people with chronic conditions, or in pregnant women who are in their second or third trimester or within four weeks of post partum.

General Care

If someone in your family is sick with influenza-like symptoms:

- Keep the sick person at home. Rest is very important.
- Treat fever, sore throat and muscle aches, with fever-reducing drugs. Do not use products with aspirin for children or teenagers as it can cause Reye's syndrome, a life threatening illness.
- Provide plenty of fluids. (ie: water, juice)
- Keep plenty of tissues close to the sick person along with a garbage bag for discarded tissues.
- Keep sick family members away from people who are well.
- Clean and disinfect common surfaces often. (telephones, door knobs, etc)

Get Help

Seek medical care or phone Telehealth Ontario (1-866-797-0000) if the sick person develops the following symptoms:

- Difficulty breathing
- Shortness of breath
- Chest pain
- Severe or persistent vomiting
- High fever in adults that lasts more than two days
- Confusion or difficulty waking an ill person

Children may display less obvious symptoms of distress like:

- Faster breathing than normal
- Breathing is difficult or painful while resting
- Bluish or grey skin color
- Not drinking enough fluids
- Not waking up or not talking or playing
- Irritable and unwilling to be held
- Not peeing or no tears when crying

Return to Work?

- You can return to work or school when fever has been gone for 24 hours and you feel well enough to work.
- With new information and to adapt to the pandemic situation, health care workers can go back to work if their fever is gone for 24 hours and they feel well enough to work.

More Info

North Bay Parry Sound District Health Unit

Phone: (705) 474-1400 North Bay
(800) 563-2808 Burk's Falls
(705) 746-5801 Parry Sound

Toll Free: 1 (800) 563-2808

Web: www.healthunit.biz
www.fightflu.ca
www.health.gov.on.ca