

Guidance for Influenza-Like Illness (2009 H1N1 and Seasonal Flu)

Healthcare Provider Directions to Patient/Parent

- Flu-like symptoms may include fever, sore throat, cough, runny, stuffy nose, body aches, headache, chills and fatigue. For some people vomiting and diarrhea may occur.

You will probably be sick for several days.

Take Medications as Prescribed:

- Take medications for symptom relief as needed for fever and pain, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.
- Do not give aspirin (acetylsalicylic acid) or products that contain aspirin (e.g. bismuth subsalicylate – Pepto Bismol) to children or teenagers 18 years old or younger.
- Children younger than four years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.
- Antiviral medications are given to those with severe illness or those at high risk of complications of flu. If you have been given an antiviral medication, take all medication as directed.
- Continue to cover your cough and wash your hands often, even when taking antiviral medications, to prevent spreading influenza to others.
- Call the office if you (or your child) experience any side effects; i.e. nausea, vomiting, rash or unusual behavior.

Seek Medical Care if you or a loved one has any of the following signs or symptoms:

If your **child** experiences any of the following:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids or not passing urine
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue improve but then return

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue improve but then return

Follow These Home Care Recommendations:

- Remain isolated at home until at least 24 hours after you are free of fever (100 degrees F or 37.6 degrees C) without the use of fever-reducing medications.
- If you are a healthcare worker or work in a setting with high-risk groups for influenza complications, contact your employee health, occupational health, infection prevention department/s or supervisor for current isolation recommendations.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Dishes can be done in dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Frequently clean commonly touched surfaces such as doorknobs, faucet handles, computer mouse and refrigerator handles.

For more detailed information about 2009 H1N1 home care, visit www.cdc.gov/h1n1flu or call (800) CDC-INFO.

Information provided by the Centers for Disease Control.



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Medications Used to Treat Influenza-Like Illnesses

Medications for Fever and Pain

A fever is a common sign of illness. In fact, fevers seem to play a key role in fighting infections. Mild fever (less than 102°F) does not necessarily need to be treated in children older than three months unless the patient is uncomfortable. Medications that may be used include acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®). Your pharmacist, nurse or doctor can recommend the best dose depending on the patient's age and weight. **Read all labels carefully because acetaminophen comes in many different strengths and dosage forms.** Acetaminophen is available in tablets, capsules, chewable tablets, liquids, drops, and suppositories. Recommended doses follow.

Age	Weight	Dose	Comments
Adult		650mg to 1000mg ORALLY every 4 hours	Do not exceed 4000mg in 24 hours
12 - 15	Over 95 lbs	650mg ORALLY every 4 – 6 hrs	No more than 4000mg in 24 hours
11	72 - 95 lbs	480mg ORALLY every 4 -6 hrs	Do not use more than 5 doses in 24 hours. May be give as 1 & ½ tablet 325mg, 6 chewable 80mg tables
9 – 10	60 - 71 lbs	400mg ORALLY every 4 – 6 hrs	Do not use more than 5 doses in 24 hours. Give 5 chewable 80mg tablets, 2.5 tsp liquid with 160mg/tsp
6 – 8	48 – 59 lbs	320 – 325mg every 4 – 6 hrs ORALLY	Do not use more than 5 doses in 24 hours. Give 4 chewable 80mg tablets, 2 tsp liquid with 160mg/tsp
4- 5	36 – 47 lbs	240mg every 4 – 6 hrs ORALLY	Do not use more than 5 doses in 24 hours. Give 3 chewable 80mg tablets, 1.5 tsp liquid with 160mg/tsp
2 – 3	24 – 35 lbs	160mg every 4 – 6 hrs ORALLY	Do not use more than 5 doses in 24 hours. Give 2 chewable 80mg tablets, 1 tsp liquid with 160mg/tsp, may also use ½ suppository 325mg
12 – 23 months	17 – 23 lbs	80 - 120 mg every 4 – 6 hrs ORALLY or RECTALLY	Do not use more than 5 doses in 24 hours. Give 1 chewable 80mg tablets, ½ tsp liquid with 160mg/tsp, one dropper with 80mg per dropper, or 80 – 120mg suppository
Less 12 months	Up to 16 lbs	Ask your provider for a dose. 10 – 15mg per each 2.2 lbs wt	Do not use more than 5 doses in 24 hours. Use infant drops or infant suppositories only.

Ibuprofen is a drug used for fever, pain and body aches. Adults and children 12 years and older, use 200 to 400 mg ORALLY every four to six hours as needed; MAX dose is 1,200 mg/day; do not take longer than 10 days unless directed by physician. For children six months to 12 years old, use five to ten mg/kg ORALLY every six to eight hours as needed, with a maximum of four doses/day. 1 kg = 2.2 pounds. Read product labeling carefully. Do not use in infants less than six months of age without a specific order. You can alternate ibuprofen with acetaminophen, but do not give/take at the same time.

DO NOT GIVE ASPIRIN OR ASPIRIN CONTAINING PRODUCTS TO CHILDREN UNDER 18 YEARS WITH THE FLU.

Medications for Cough and Cold

Coughing can be a good thing because it helps you clear mucus from your respiratory tract. For **COUGHS** that keep you up at night, use a product containing **dextromethorphan** alone or combined with guaifenesin such as Delsym® or Robitussin DM®. Avoid using products with added active ingredients.

Decongestants

Use salt-water type nasal sprays as needed. Avoid using decongestants unless absolutely necessary. Do not give products containing decongestants to children less than two years.

It is best to avoid products with multiple active ingredients. Only take the single-ingredient medication needed to treat your current symptoms. Call your pharmacist or doctor if you have questions about your medications.

Antiviral Medications

Influenza antiviral drugs are prescription drugs (pills, liquid or inhaler) that decrease the ability of flu viruses to reproduce. Most people with influenza recover without complications and **do not need to take antiviral drugs.** Antiviral drugs are saved for those with severe illness or those at high risk of complications from the flu.

The antiviral drugs that may be used include oseltamivir (trade name Tamiflu®) or zanamivir (trade name Relenza®). Antiviral medications are most beneficial when treatment is started within 48 hours of illness onset and are usually used for five days. Hospitalized patients with severe infections might require longer treatment. Antiviral medications are not usually used to prevent the flu in healthy children or adults based on potential exposure in community, school or other settings.