How Ready Are You to Shelter at Home?
Home Care Education

Unit 1 - Overview
What is a Pandemic?

- Disease
- Rare
- Affects large area
- Affects many people
- Spreads rapidly
- Can result in many deaths
Why is this Training Important?

- Disasters do happen
- Knowledge reduces fear
- You may have to “shelter at home”
- Preparation can protect your family
- Knowledge is power
What will the Training Cover?

• Managing Symptoms
• General Care Activities
• Prevention Activities
• Preparation Activities
• Community Resources
• Additional Training and Information
Managing Symptoms

- How Serious is it?
  - Cold or Flu?
  - Seasonal or Pandemic?
- Managing Specific Symptoms
  - Mild or Major?
  - Treatment
General Care Activities

• Taking a Temperature
• Using over-the-Counter Medications
• Feeding and Hydration
• Special Considerations
  • Children
  • Elders
  • Persons with Disabilities
Prevention

- Hand Washing
- Other Healthy Habits
- Tips for Caregivers
- Preventing Injury
Preparation / Planning

• Medical History
• Prescription Medications
• Medical Supplies
• Medicine Chest
• First Aid Kit
• Other Emergency Supplies
Staying Informed

• Stay Informed
• Community Resources
• Training Resources
• Information Resources
Home Care Project

Unit 2 - Managing Symptoms
Managing Symptoms

• May help you feel or get better
• May prevent you from getting worse
• May keep you going until you get help
• No guarantees
• No substitute for professional treatment or advice
• No substitute for formal first aid training
How Serious is it?

- Is it a minor or major symptom?
- What should I do?
- What should I not do?
- What if help is not available?
When to Call for Help

- Unconscious, loosing consciousness
- Troubled breathing
- Persistent chest pain or pressure
- Persistent abdominal pain or pressure
- Vomiting or passing blood
- Seizures, severe headache, slurred speech
- Poisoned
- Head, neck or back injuries

Source: American Red Cross
## Cold or Flu?

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usually</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Aches / Pains</td>
<td>Slight</td>
<td>Usual often severe</td>
</tr>
<tr>
<td>Weakness</td>
<td>Sometimes</td>
<td>Usual</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>
## Seasonal or Pandemic?

<table>
<thead>
<tr>
<th></th>
<th>Seasonal Flu</th>
<th>Pandemic Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outbreak predictable</td>
<td>Rare</td>
<td></td>
</tr>
<tr>
<td>Some immunity</td>
<td>No previous exposure</td>
<td></td>
</tr>
<tr>
<td>Complications more</td>
<td>Healthy may also be at risk for</td>
<td></td>
</tr>
<tr>
<td>common for high risk</td>
<td>complications</td>
<td></td>
</tr>
<tr>
<td>Fever, cough, aches</td>
<td>May be more severe</td>
<td></td>
</tr>
<tr>
<td>Modest society impact</td>
<td>Major society impact</td>
<td></td>
</tr>
</tbody>
</table>
# Seasonal or Pandemic?

<table>
<thead>
<tr>
<th></th>
<th>Seasonal Flu</th>
<th>Pandemic Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outbreak predictable</td>
<td>Outbreak predictable</td>
<td>Rare</td>
</tr>
<tr>
<td>Some immunity</td>
<td>Some immunity</td>
<td>No previous exposure</td>
</tr>
<tr>
<td>Complications more</td>
<td>Complications more</td>
<td>Healthy may also be at risk for complications</td>
</tr>
<tr>
<td>common for high risk</td>
<td>common for high risk</td>
<td></td>
</tr>
<tr>
<td>Fever, cough, aches</td>
<td>Fever, cough, aches</td>
<td>May be more severe</td>
</tr>
<tr>
<td>Modest society impact</td>
<td>Modest society impact</td>
<td>Major society impact</td>
</tr>
</tbody>
</table>
Managing Cold or Flu Symptoms

- Fever
- Sore Throat
- Cough
- Runny Nose or Congestion
- Dehydration
Myth or Fact

- Feed a cold, starve a fever?
- Eat chicken soup?
- Drink tea with lemon?
- Get an antibiotic from the doctor?
- Use over-the-counter cold medicines?
Fever

- **Mild**
  - 102 or lower and no other symptoms

- **Major**
  - Unexplained, sudden, rapid change
  - 100.5 or higher in baby under 3 months
  - 104 or higher for anyone
  - 101 or higher more than 3 days
  - Elders or others with chronic medical condition
  - Associated with other symptoms

*Source: Mayo Clinic Guide to Self Care - General guidelines only*
Fever – Other Symptoms

- Bulging soft spot on baby’s head
- Severe headache or light sensitivity
- Severe swelling of throat
- Major stiff neck
- Frequent vomiting
- Difficult breathing
- Mental confusion

Source Mayo Clinic Guide to Self Care - *General guidelines only
Managing Fever

98.6 – 99.6  Normal Range

99.6 – 102  Self Care

102 – 104  Caution

104 +  Seek Medical Help

Source Mayo Clinic Guide to Self Care - *General guidelines only
Sore Throat

- **Mild**
  - Sore or scratchy feeling
  - Mild fever
  - Hoarseness

- **Major**
  - High fever and chills
  - Pain when swallowing
  - Swollen glands
  - Exposure to strep throat
  - Associated with other symptoms

Source: Mayo Clinic Guide to Self Care - *General guidelines only*
Sore Throat – Other Symptoms

- Difficulty swallowing or breathing
- Stiff neck and severe headache
- Rash
- Fever 102 or higher longer than 2 days
- Hoarseness or mouth ulcers that last two weeks

Source Mayo Clinic Guide to Self Care - *General guidelines only
Managing Sore Throat

- Gargle with warm salt water
- Suck on lozenge or hard candy
- Drink extra fluids
- Use an anesthetic spray
- Take a non prescription pain reliever
- Use a humidifier
- Don’t smoke
Cough

• **Mild**
  - Cough with a cold or flu that is eased with home remedies or over-the-counter drugs

• **Major**
  - Lasts more than 2 weeks
  - Accompanied by high fever, shortness of breath, difficulty swallowing
  - Coughing blood

Source: Mayo Clinic Guide to Self Care - *General guidelines only*
Managing Cough

- Drink extra fluids
- Suck on lozenge or hard candy
- Try warm tea with lemon
- Use a humidifier
- Sleep with head elevated
- Use a non prescription expectorant or cough suppressant
Nasal Problems

- **Mild**
  - Runny nose with a cold
  - Stuffy nose
  - Sinus pain

- **Major**
  - Congestion that lasts
  - Sinus pain that continues or returns
  - High Fever
  - Difficulty breathing

Source: Mayo Clinic Guide to Self Care - *General guidelines only*
Managing Nasal Problems

• Drink fluids
• Gently blow nose
• Use cool mist humidifier
• Take shower or breathe in steam
• Use warm face pack
• Use saline nose sprays or drops
• Use non prescription pain relievers, decongestants or antihistamines
Dehydration

- **Mild**
  - Dry mouth or eyes
  - Lack of energy, weak, irritable
  - Headache or muscle cramping
  - Decreased urine output or strong odor

- **Major**
  - Any of the above that continues or worsens
  - Dizziness, lightheadedness, rapid heart beat
  - Sunken eyes, skin does not snap back
  - Soft spot on baby’s head
  - Lethargic, confused, comatose

Source Medline Plus Medical Encyclopedia - *General guidelines only*
Managing Dehydration

- Don’t wait until symptoms appear
- Drink fluids – small amounts – often
- Avoid alcohol and caffeine
- Eat salty foods
- Use electrolyte drinks
Managing Other Symptoms

• Upset Stomach
• Rashes
• Minor Wounds
• Minor Burns
• Allergies
• Poisoning
• Choking
Upset Stomach

• Happens to everyone

• Be aware of more serious signs
  • Blood in stool
  • Severe pain
  • Heartburn that does not go away
  • Unplanned weight loss
  • Continued vomiting or diarrhea

• Nausea and Vomiting

• Diarrhea

Source: Medline Plus
Nausea and Vomiting

• Mild
  • Queasy feeling
  • Throwing up

• Major
  • Suspect poisoning
  • Vomiting more than 24 hours
  • Become dehydrated
  • Explosive or forceful vomiting
  • Blood in vomit
  • Headache and stiff neck

Source Medline Plus - *General guidelines only
Managing Nausea / Vomiting

- Prevent dehydration
- Sip clear fluids
- Avoid solid food
- Slowly return to normal diet
- Avoid foods that irritate
- Non prescription medicines may help
Diarrhea

• Mild
  • Loose, watery stools
  • Stomach cramps
  • Flu-like symptoms

• Major
  • Lasts more than 1 week
  • Dehydrated
  • Sever abdominal or rectal pain
  • Bloody stools
  • Fever higher than 101

Source Mayo Clinic Guide to Self-Care - *General guidelines only
Managing Diarrhea

• Drink water and other clear fluids
• Use electrolyte drinks
• Add solid foods slowly
• Avoid caffeine and nicotine
• Avoid dairy, fatty, spicy foods
• Non prescription medicines may help
• Practice good hygiene
Rashes

• Mild
  • Itchy, redness

• Major
  • If rash is in eyes
  • If self treatment does not help
  • Purple or bruised looking
  • Crusty, blistered or draining
  • Accompanied by other warning signs

Source: Mayo Clinic Guide to Self-Care – *General guidelines only
Managing Rashes

• Avoid things you are allergic to
• Avoid skin irritants
• Keep area cool
• Keep area clean and dry
• Keep fingernails short and clean
• Non prescription antihistamines or anti itch creams and lotions may help
Wounds

- Mild
  - Everyday cuts and scraps

- Major
  - Bleeding does not stop
  - Deep and dirty puncture wound
  - Needs stitches
  - Signs of infection
    - Redness, warmth
    - Swelling, drainage

Source: Mayo Clinic Guide to Self-Care - General guidelines only
Managing Minor Wounds

• Stop the bleeding
• Clean the wound
• Apply an antibiotic
• Cover the wound
• Change the dressing
• Watch for infections
Burns

• Mild
  • First degree
  • Second degree no larger than 3 inches

• Major
  • Second or third degree
  • Large burn area
  • Electrical burn
  • Chemical burn to face, hands, feet, groin, buttocks or major joint
  • Person is in shock

Source Mayo Clinic Guide to Self-Care - * General guidelines only
Managing Minor Burns

- Cool the burn
- Consider a lotion
- Apply a loose sterile gauze bandage
- Take non prescription pain relievers
- Do not use ice
- Do not break blisters
- Watch for infection

Source Mayo Clinic Guide to Self-Care - * General guidelines only
Managing Minor Chemical Burns

- Remove the chemical from skin
- Remove contaminated clothes or jewelry
- Wrap the burned area
- Rewash if burning continues

Source: Mayo Clinic Guide to Self-Care - * General guidelines only
Managing Major Burns

Until help arrives:

• Do not remove burned clothing
• Check for breathing
• Cover area of burn with cool, moist sterile bandage or clean cloth
• Do not immerse in cold water
• Treat for shock

Source: Mayo Clinic Guide to Self-Care - * General guidelines only
Allergies

• Mild
  • Itchy skin
  • Mild rash, hives or swelling
  • Sneezing, nasal congestion
  • Itchy, red, watery eyes

• Major
  • Reaction to a drug
  • Acute Asthma, wheezing
  • Difficulty breathing or swallowing
  • Shock, dizziness, fainting

Source Mayo Clinic Guide to Self-Care - * General guidelines only
Managing Allergies

- Avoid your allergy triggers
- Try a topical ointment or lotion
- Try a non prescription allergy medicine
- Talk to your doctor
- Keep a supply of emergency allergy medicine
Poisoning

• Mild
  • Food poisoning less than 12 hours
  • Reaction to insect bite

• Major
  • Intense allergic reaction symptoms
  • Confused
  • Seizures
  • Trouble breathing
  • Unconscious
Managing Poisoning

- Call Poison Center or 911
- Do not follow product label advice
- Remove from contact with poison
- Do not induce vomiting
- Bring poison container to hospital
- Rinse mouth, eyes or skin with water
- Best management is prevention

Source Florida Poison Information Center Network
Choking

- Mild
  - Coughing freely
  - Able to speak

- Major
  - Unable to speak, cough or gasp air
  - Gives the universal sign for choking
  - Turns blue
  - Becomes unconscious

Source: Mayo Clinic Guide to Self-Care - * General guidelines only
Managing Choking

• Recognize the universal sign
• Learn the Heimlich maneuver
  • Stand behind person, wrap arms around waist, bend person slightly forward
  • Make a fist with one hand slightly above navel
  • Grasp fist with other hand, press hard into abdomen with quick upward thrust
  • Repeat until object expelled
• Call 911

Source Mayo Clinic Guide to Self-Care - * General guidelines only
Home Care Project

Unit 3 - General Care Activities
Taking a Temperature

- When is the best time?
- What should I use?
  - Plastic Strip
  - Glass
  - Digital
  - Tympanic (in ear)
Taking a Temperature

• How do I use it?
  • Forehead
  • Oral
  • Underarm
  • Ear
  • Rectal

• What does it mean?

Follow Instructions - Learn More
Over-the-Counter Medicine

- Non Prescription drugs
- Treat minor symptoms
- Choose carefully
- Use carefully
- Read the label
- Follow instructions
- Ask your doctor or pharmacist
- www.fda.gov/medsinmyhome
OTC Medicine Categories

- Fever Reducers
- Pain Relievers
- Antihistamines
- Decongestants
- Cough Suppressants
- Expectorants
## Drug Facts

**Active ingredient (in each tablet):** Chlorpheniramine maleate 2 mg.

**Purpose:** Antihistamine

**Uses:** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: 
- sneezing
- runny nose
- itchy, watery eyes
- itchy throat

**Warnings:**
- Ask a doctor before use if you have
  - glaucoma
  - a breathing problem such as emphysema or chronic bronchitis
  - trouble urinating due to an enlarged prostate gland
- Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

**When using this product:**
- drowsiness may occur
- avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions:**

<table>
<thead>
<tr>
<th>Adults and children 12 years and over</th>
<th>take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 6 years to under 12 years</td>
<td>take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours</td>
</tr>
<tr>
<td>Children under 6 years</td>
<td>ask a doctor</td>
</tr>
</tbody>
</table>

**Drug Facts (continued)**

**Other information:**
- store at 20-25°C (68-77°F)
- protect from excessive moisture

**Inactive ingredients:**
- D&C yellow no. 10
- lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Source: www.fda.gov
OTC Medicine Safety

- Use only when needed and helpful
- Understand what the medicine does
- Read label for warnings and usage
- Follow directions
- Don’t use expired medicine
- Ask about interactions
- Ask about children’s use
- Store out of children’s reach
Feeding and Hydration

- Improve diet – help fight disease
- Follow individual diet restrictions
- Maintain nutrition and fluids
- Don’t wait for symptoms
- Feed easily digestible foods
- Offer fluids frequently
- Avoid alcohol and caffeine
Special Considerations

- Children
- Elders
- Persons with chronic illness
- Persons with disabilities
Special Considerations

- Written special instructions
- Medicine, equipment and supplies
- Medical instructions
- Diet restrictions
- Medication interactions
- Medication allergies
- Medication dosage
Special Consideration

- Food and Drug Administration
- Agency for Persons with Disabilities
- Department of Elder Affairs
- Department of Health
- The Nemours Foundation's Center for Children's Health Media
Home Care Project

Unit 4 – Prevention
Hand Washing

Can reduce or prevent the spread of the flu

• Use soap and warm water
• Pat dry with disposable towel
• Or use hand sanitizer
Healthy Habits

• Maintain a healthy lifestyle
  • Eat nutritiously
  • Drink water
  • Rest and sleep
  • Exercise
• Clean and Sanitize
• Find out about the flu vaccine
Healthy Habits When Ill

- Rest
- Drink fluids
- Cover mouth and nose when coughing
- Keep hands away from face
- Avoid sharing personal items
- Isolate sick person
- Clean and sanitize
Tips for the Caregiver

• Take care of yourself
• Wash hands often
• Carefully handle food and personal items
• Think about protective equipment
Preventing Injuries

- Keep your family safe
- Leading cause of injuries are slips and falls, poisoning, fires and burns
- Check your home for hazards
- Be careful storing medicines
- Be careful storing cleaning products
Preventing Injuries

- Smoke alarms
- Carbon monoxide alarms
- Fire extinguishers

www.homesafetycouncil.org
Home Care Project

Unit 5 – Preparation
Family Plan

- Prepare now
- Create a family plan

GET A PLAN!
FloridaDisaster.org
Family Plan

- Pandemic Flu Planning Checklist
- Emergency health information
- Emergency contact information
- First aid and disaster kit
Emergency Phone Numbers

- 911
- 211
- Poison Control Center
  - 1-800-222-1222
- Family doctor
- Family contact information
Medical History
Medicines

- Medical history
- List of medications
- Supply of prescription medicines
- Insurance card
Your Medicine Chest

- What’s in your medicine chest?
- How do you store medicine?
- When did you last clean it out?
- Do you have what you need for an emergency?
Medicine Chest Essentials

- First aid kit
- Poison Control phone number
- Special needs
- Fever and pain relief
- Wound and injury care
- Bites, stings and allergies
- Coughs and colds
- Preventatives
Medicine Chest Supplies

- Thermometer
- Plastic gloves
- Scissors and tweezers
- Cold pack
- Assorted bandages
- Safety pins
First Aid Kit

- Being prepared makes a difference
- Store in zipped bag or secure box
- Check contents often
- Replenish and replace
- Plan ahead
First Aid Kit

- Necessary supplies
- Cleansing agent
- Ointments
- Medications
- Family information
- Personalize for your needs
Emergency Supplies

Think of basic survival needs
Emergency Supplies

- Water
- Non perishable food and drinks
- First aid kit
- Medicines and prescription drugs
- Special needs supplies
- Back up communication
Home Care Project

Unit 6 – Staying Informed
Stay Informed

- Television
- Radio
- Newspaper
- Hotlines
- Web sites
Community Resources

- Health Department
- Area Agency on Aging
- Community or Senior Center
- Faith-Based Organization
- Emergency Management Office
Neighborhood Power

- Neighbors helping neighbors
- Neighborhood associations
- Neighborhood emergency plan
- Community Emergency Response Teams
Important Phone Numbers

• 211
• 511
• 711
• Emergency Information Hot Line
  • Local
  • Florida 1-800-342-3557
• Family, friends and neighbors
Community Training

- American Red Cross
- Local Hospital
- American Heart Association
- Emergency Management Office
- Community College
Web Sites of Interest

• Be cautious
• Consider the source
• Check the date
• .gov
• .edu
• .org
• .com
Web Sites of Interest

- www.cdc.gov
- www.hhs.gov/flu
- www.pandemicflu.gov
- www.floridadisaster.org
- www.ready.gov
Web Sites of Interest

- www.familydoctor.org
- www.healthfinder.gov
- www.kidshealth.org
- www.mayoclinic.com
What Should I Do Next

- Review what you have learned
- Be prepared
- Check your home
- Check your supplies
- Take more training
- Tell others
Thank You

• For taking this first step to ensuring the health and safety of yourself and your community

• Please complete the evaluation

Are you ready?