

Tips In The Event of Pandemic Flu

Plan for an extended stay at home during the flu pandemic:

- Ask your employer if you can work from home during the flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercise. Have materials such as books on hand.
- Plan recreational activities that your children can do at home.

Items to have on hand for an extended stay at home:

Examples: Non-perishable foods

Ready to eat canned meats
Fruits, vegetables, soups
Protein or fruit bars
Dry cereal or granola
Peanut butter and jelly
Dried fruits, nuts, trail mix
Crackers
Canned juices
Bottled water
Canned or jarred baby food
Baby formula
Pet food

Health and emergency supplies:

Prescribed medical supplies such as glucose and blood pressure monitoring.
Soap and water or alcohol based hand wash
Medicines for fever, such as aspirin, acetaminophen (Tylenol), ibuprofen (Motrin) or naproxen (Naprosyn, Aleve)
Thermometer
Vitamins
Fluids with electrolytes (Gatorade, Pedialyte)
Flashlight with extra batteries
Portable radio with extra batteries
Manual can opener
Garbage bags
Tissues, toilet paper, disposable diapers

Definition of fever and what to do if your child has a fever

- A fever is the body's normal response to an infection (viral or bacterial).
- It is a symptom of an infection (viral or bacterial).
- The body's average temperature varies throughout the day, with a range between 97 and 100.
- When taking your child's temperature, be sure he/she had not had any cold or hot foods/liquids for at least 5 minutes, as this will affect an oral temperature.

- Do not use your hand to determine if your child has a fever.
- There are usually other symptoms accompanying a fever, such as headache, drowsiness, chills, dizziness, muscle aches.
- A fever is a body temperature above 100.4 orally that is **NOT RELIEVED** within 30 minutes of removing excess clothing, resting after exercise or drinking fluids.