

## **Caring for Persons with Confirmed influenza A (H1N1) Swine Origin Influenza Virus**

The sick person who is confirmed with influenza A (H1N1) should stay isolated at home following the directions of public health.

Household members should notify public health immediately if they start to feel unwell and develop a cough or fever or any other respiratory symptoms. Household members have no restriction of activities outside the home, as long as they are feeling fine.

### **Isolate the Sick Person**

The sick person should stay in one room with the door closed and with the window open. Other members of the family should stay away from the sick person and not handle or share things such as dishes, toys, or anything that the sick person has used unless it has been washed thoroughly with soap and water or regular household cleaning product. The sick person should use a separate bathroom and separate towels from the rest of the family. Discourage any visits from people who do not live in the house. If visitors come to the house, meet them outside and do not let them into the house.

### **Wear Masks**

When providing direct face-to-face care to the ill person (i.e. within 6 feet) have the ill person put on a mask. The sick person should always wear a mask if they leave their room or if another person is in the room with them.

### **Wash Hands**

Everyone in the household including the person who is ill should wash their hands often using soap and warm water. The person who is ill should cough/sneeze into their sleeves or tissues and wash hands immediately after. Hands should be washed immediately after providing care to the sick person. Waterless alcohol-based (60-90%) hand wash agents can also be used.

### **Keep Things Clean**

The sick person's bed sheets, towels and clothes can be washed in warm water with items from other household members. The sick person's laundry should not be left sitting outside of their room, for example in a laundry room where other household members may be in contact with it. Used Kleenex should be put by the ill person directly into a garbage bag which can be sealed in the sick person's room and taken directly outside by the care provider for collection with the regular garbage. Surfaces and items inside the sick person's room should be cleaned with regular household cleansers. Items handled by the sick person, including cutlery and glasses should be cleaned by the care provider (or in a dishwasher) immediately upon removal from the sick person's room.

### **Care at Home**

The sick person should follow the usual guidelines for taking care of themselves when ill: REST, drink plenty of fluids, and take acetaminophen or ibuprofen for fever and pain. The use of aspirin (ASA) is not recommended for children due to the risk of Reyes Syndrome.

### **Call for Help**

Public Health will call every other day for 7 days to check on the sick person's condition. If the symptoms worsen (i.e. increased shortness of breath, difficulty breathing, fever not responding to treatment, extreme drowsiness), call your doctor or Health Link at 403-943-5465 or 1-866-408-5465 (toll free).

**Call 911 immediately if the situation is extreme.**