

American Red Cross

Home Care for Pandemic Flu

Presentation Outline

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Home Care for Pandemic Flu

Teaching Tools

PRESENTATION NOTES

PURPOSE

The purpose of this presentation is to provide participants with the skills and knowledge to protect themselves from influenza during a flu pandemic, and take care of loved ones with signs and symptoms of flu at home.

The presentation should be offered in your local community if the following conditions exist:

- The U.S. Department of Health and Human Services (HHS), Centers for Disease Control and Prevention (CDC) have indicated that there is a flu pandemic.
- Care has been taken to minimize chances of flu transmission at the presentation – no participants, presentation leaders, their household members or close contacts show signs or symptoms of the flu.
- There are either no or only limited levels of flu pandemic activity in your local community.
- All local cases of flu pandemic are reported as being imported or can be traced to other cases.
- Group gatherings held for this presentation must comply with any applicable state and local health department recommendations or announcements related to social distancing.

PRESENTATION CODE

The course code is **HSCAR1010**.

PRESENTATION LENGTH

The Home Care for Pandemic Flu presentation is delivered in approximately 60 minutes.

PRESENTATION LEADERS

Any responsible adult who has become familiar with the presentation materials may conduct the Home Care for Pandemic Flu presentation. It is preferred that the individual has a background in health care or public health.

PRESENTATION OBJECTIVES

After completing this presentation, participants should know —

- Signs and symptoms of the flu.
- The difference between seasonal flu and pandemic flu.
- Steps to take to protect yourself and others from getting pandemic flu.
- Steps to take when you observe signs and symptoms of pandemic flu in a loved one.

- When the person should stay home.
- How to treat symptoms.
- When to seek medical help.
- How to prepare your household for a flu pandemic.
- How the Red Cross can help you in the event of a pandemic.

PRESENTATION MATERIALS, EQUIPMENT AND SUPPLIES

For the Leader

- *American Red Cross: Home Care for Pandemic Flu* presentation outline. *Note: As more becomes known about the pandemic flu there may be updates to this outline. Check with your local chapter of the Red Cross or online at www.redcross.org to make sure you have the latest version of this presentation.*
- Family Caregiving Leader Activity Report
- American Red Cross signage

For Each Participant

- Home Care for Pandemic Flu brochure
- Some Differences Between Seasonal and Pandemic Flu Worksheet, Appendix A
- Pandemic Flu Planning Worksheet, Appendix B
- Family Emergency Health Information Sheet, Appendix C
- Pens or pencils

Presentation Reporting

Leaders should complete a Course Record Sheet upon completion of each presentation. The instructions for getting the Course Record Sheet are in Appendix D of this presentation outline. It is also available on the Instructor's Corner of www.redcross.org. The Course Record should be submitted to your local chapter of the American Red Cross.

Reporting presentations helps to document the impact (such as number of persons reached) of the presentation. Collecting participant names and contact information is optional; however, leaders and chapters are encouraged to gather this information so that participants may be contacted. Participants can then be informed of opportunities to be involved with their local chapter of the American Red Cross. Use the Course Record Addendum in Appendix D to gather participant information.

HOME CARE FOR PANDEMIC FLU

PRESENTATION OUTLINE

Lesson Length

Approximately 60 minutes

Materials, Equipment and Supplies

- Home Care for Pandemic Flu brochure (one for each participant)
- Differences Between Seasonal and Pandemic Flu Worksheet, Appendix A (one for each participant)
- Pandemic Flu Planning Worksheet, Appendix B (one for each participant)
- Family Emergency Health Information Sheet
- Course Record Sheet and Addendum, Appendix D
- Pens or pencils

TOPIC: WELCOME AND INTRODUCTION

Time: 5 minutes

Activity:

- Welcome participants to the Home Care for Pandemic Flu presentation.
- Introduce yourself as a representative of the American Red Cross.
- Identify the location of emergency exits, bathrooms and telephones.
- Explain that the purpose of this presentation is to provide participants with the knowledge to —
 - Avoid spreading the flu.
 - Take care of loved ones with signs and symptoms of the flu at home during a flu pandemic.
 - Prepare your household for a flu pandemic.

Tell participants:

Upon conclusion of this presentation, you should know —

- The signs and symptoms of flu.
- The difference between seasonal flu and pandemic flu.
- The steps to take to help protect your family from pandemic flu.
- How to care for a person with signs and symptoms of the flu, including —
 - When the person should stay home.
 - How to monitor and treat symptoms.
 - When to seek medical help.

- How to prepare your household for a flu pandemic.
- How the American Red Cross can help you in the event of a pandemic.

Tell participants:

- Education and outreach are critical to preparing for a pandemic. Understanding what a pandemic is, what families can do to prepare for pandemic influenza, how to avoid spreading the flu during a pandemic, and how to safely care for a sick loved one at home during a flu pandemic helps us to make informed decisions to lessen the impact of an influenza pandemic on our own households.

TOPIC: RECOGNIZING SIGNS AND SYMPTOMS OF THE FLU

Time: 5 minutes

Activity:

- Explain to participants that you are going to ask them a series of true and false statements to test their flu IQ.
- Tell them that they should answer the questions silently.

Test Your Flu IQ True or False Statements

1. The most common signs and symptoms of the flu include fever, cough, runny nose and muscle pain.
2. During a pandemic, you should call your health-care professional at the first sign of the flu.
3. It is important to wash your hands at least three times a day if you are caring for someone who has signs and symptoms of the flu.
4. If someone starts to show signs and symptoms of the flu, he or she can continue their normal routine for about three days.
5. Families should make a Pandemic Flu Plan, similar to a Family Disaster Plan.

Answers:

1. True. Other symptoms include diarrhea, extreme tiredness, headache and sore throat.
2. True.
3. False: Wash your hands often.
4. False: They should stay home.
5. True.

Tell participants:

- The most common signs and symptoms of the flu include —
 - Fever

- Cough
- Runny nose
- Muscle pain

TOPIC: DIFFERENCES BETWEEN SEASONAL AND PANDEMIC FLU

Time: 10 minutes

Tell participants:

- A pandemic is a disease that spreads all over the world and affects large numbers of people.
- An influenza pandemic — pandemic flu — occurs when a new influenza virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.
- Public health agencies, such as HHS, CDC and WHO, make it publicly known if a new influenza virus has spread to the level of a pandemic.
- There are several differences between seasonal flu and pandemic flu.

Activity:

- Distribute a “Some Differences Between Seasonal and Pandemic Flu Worksheet,” Appendix A, to each participant.
- Working in groups of two to three, allow participants about five minutes to complete the worksheet.
- Review the correct answers with the class.

Some Differences Between Seasonal Flu and Pandemic Flu

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already affecting people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more severe, affect more people, and cause more deaths than seasonal flu because people will not have immunity to the new virus.
Symptoms include fever, cough, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.	Symptoms similar to the common flu may be more severe and complications more serious.
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).	Healthy adults may also be at increased risk for serious complications.

Generally causes modest impact on society (e.g., some school closings, encouragement of people who are sick to stay home).

A severe pandemic could change the patterns of daily life for some time. People may choose to stay home to keep away from others who are sick. Also, people may need to stay home to care for ill family and loved ones. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.

Tell participants:

- As you can see, there are differences between seasonal flu and pandemic flu.
- During a flu pandemic you need to contact your health-care professional as soon as you notice symptoms.
- During a pandemic flu, it is extremely important to take precautions in your own home to prevent its spread. These precautions include —
 - Practicing good hand hygiene.
 - Ensuring that household members stay home if they show signs and symptoms of the flu and avoiding contact with others.
 - Disinfecting surfaces that might harbor germs when a household member has the flu.
 - Following the advice of the CDC and your local health department.

Frequently Asked Questions

Q. How will I know if I have seasonal flu or pandemic flu?

A. It is safe to assume you have pandemic flu if the CDC has announced a flu pandemic and you have the signs and symptoms.

Q. What types of birds can carry bird flu viruses?

A. Wild birds can carry bird flu viruses but usually do not get sick from them. Domesticated birds (e.g., farm-raised chickens, ducks, and turkeys) can become sick with bird flu if they come into contact with an infected wild bird. Domesticated birds usually die from the disease.

TOPIC: PREVENTING THE SPREAD OF FLU

Time: 10 minutes

Tell participants:

- These healthy habits will help keep you and others from getting and passing on the virus:

- **Clean your hands** often with soap and water or alcohol-based hand sanitizer.
 - **Cover your mouth and nose with a tissue when you cough or sneeze** and clean your hands afterwards. Put used tissues in the waste basket.
 - **Cough or sneeze into your upper sleeve if you don't have a tissue.**
 - **Keep your hands away from your eyes, nose and mouth** to keep flu germs from entering your body.
- In addition, anyone with signs and symptoms of the flu during a flu pandemic should —
- **Stay home** from work, school and errands and avoid contact with others.
 - **Consider wearing a surgical mask** when around others. There may be benefits.

Frequently Asked Questions:

Q. Where do I get a surgical mask?

A. You can purchase a surgical mask from your local pharmacy.

Q. Should I wear a surgical mask if I am caring for someone who has the flu?

A. Once a flu virus is airborne, it is not easily filtered out of the air by a surgical mask. However, caregivers may wear a mask, if they choose. The person who has the flu should wear a surgical mask because it can effectively stop germs before they become airborne. Check for up-to-date mask usage information at www.pandemicflu.gov or www.redcross.org.

Q. Should I wear a mask when I am out in public, especially if I am using public transportation, such as buses, trains or airplanes?

A. Wearing a mask in public will help protect others if you have the flu. However, it is not known whether it will protect you from getting the flu. If you are unable to avoid public transportation during a pandemic, pay attention to CDC recommendations for mask usage. A mask might provide some protection.

Q. When I'm providing care do I need a gown or other personal protective equipment like health professionals use?

A. It is not known at this time if that will be necessary. Check at www.pandemicflu.gov for the most up to date infection control recommendations for the home.

Q. If everyone in my household is vaccinated against the seasonal flu, will we be protected against a pandemic flu?

A. No, it won't protect you against pandemic influenza. But flu shots can help you to stay healthy. Get a flu shot to help protect yourself from seasonal flu. Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the CDC Hotline at 1 (800) 232-4636. Make sure that your family's immunizations are up-to-date.

Q. Is it possible to get bird flu from eating poultry?

A. Yes, but it is safe to eat properly cooked poultry. Cooking destroys germs, including the bird flu virus. The United States bans imports of poultry and poultry products from countries where bird flu has been found. Guidelines for the safe preparation of poultry include the following:

- ▶ Wash hands before and after handling food.
- ▶ Keep raw poultry and its juices away from other foods.
- ▶ Keep hands, utensils, and surfaces, such as cutting boards, clean.
- ▶ Use a food thermometer to ensure poultry has been fully cooked. For example, cook a whole chicken to 180°F in an oven set to a minimum of 325°F. More information on how to properly cook poultry can be found at www.usda.gov/birdflu.

Tell participants:

- The flu virus is spread through contaminated droplets that exit the mouth and nose of a person who has the flu. When someone with the flu coughs or sneezes, the virus can get in the air directly around them (within three feet), on objects near them and their hands. People may get the flu when they breathe in droplets from the air or when they touch people or objects that are contaminated and then touch their own mouth, eyes, or nose.
- The good news is that germs are easily washed away.

Washing Away Germs When a Household Member Is Sick

Tell participants:

- The most important step that everyone should take to protect household members who are not ill in the home is for every member to clean their hands often.
- Caregivers should always clean their hands before and immediately after contact with a person with the flu. They should also clean them:
 - After coughing or sneezing;
 - Before, during, and after preparing food;
 - Before eating, and after using the bathroom;
 - After handling trash, garbage or animal waste;
 - When coming into the home from public places;
 - When the hands are dirty.
- Follow these steps for proper hand hygiene:
 1. Wet hands with warm, running water and apply liquid soap.

2. Rub hands vigorously for at least 15 seconds, covering all surfaces and fingers.
 3. Scrub nails by rubbing them against the palms of your hands.
 4. Rinse your hands with water.
 5. Dry your hands thoroughly with a paper towel, use it to turn off the faucet.
 6. Apply alcohol-based hand cleaner and rub it in well.
- Steps for washing away germs at home when a household member has pandemic flu include the following:
 - Disinfect door knobs, switches, handles, toys and any surfaces that are commonly touched around the home or workplace. Use a fresh mixture of one-quarter cup bleach with one gallon of water, or if you need a smaller quantity use one tablespoon of bleach in one quart of water.
 - Clean dishes in the dishwasher. If you wash dishes by hand in your home use very hot water and put bleach in the rinse water to disinfect them – one-quarter cup for every gallon of water.
 - Wash your hands after handling dirty laundry. It is okay to wash everyone’s clothes together.
 - Wear disposable gloves when in contact with or cleaning body fluids. Clean up with paper towels and dispose of them in the waste basket.
 - Keep everyone’s personal items separate. When a household member has the signs and symptoms of the flu, all members of the household should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
 - Designate one person to be the caregiver in your home. Limiting contact between persons who are sick and those who are well helps protect those who are not sick from getting sick. The caregiver may benefit by wearing a mask when providing care.

Frequently Asked Questions

Q. Can I use any household disinfectant to clean surfaces in my home instead of the bleach and water mixture?

A. Yes

TOPIC: MONITOR A LOVED ONE WHO HAS THE PANDEMIC FLU

Time: 10 minutes

- You might be called upon to care for a loved one who shows signs and symptoms of the flu.
- Call your loved one’s health-care professional at the first signs and symptoms of the flu. The health-care professional can advise you on the appropriate care steps you should take.
- Keep a care log. At least every four hours or when signs and symptoms change, write down the date, time, temperature, symptoms, and type and dosage of medications given.
- Have your care log handy when you talk with your doctor. A care log will enable you to give more accurate information on your loved one’s condition to your health care professional.
- Be sure to call the health-care professional again if your loved one has the following signs and

symptoms:

- High fever;
 - Greater than 105° F (40.5° C) for an adult or child
 - 103° F (39.4° C) or higher for a baby three to 24 months old
 - Rectal temperature of 100.4° F (38° C) or higher for a baby up to three months old
- Shaking chills;
- Coughing that produces thick, yellowish-greenish colored mucus;
- Dehydration (feeling of dry mouth or excessive thirst);
- Worsening of an existing serious medical condition (such as, heart or lung disease, diabetes, HIV or cancer).
- Call your health care professional or the emergency medical system (EMS) right away if your loved one has signs and symptoms of the flu plus any of these additional worrisome signals:
 - Irritability;
 - Confusion;
 - Difficulty breathing or chest pain with each breath;
 - Bluish skin;
 - Stiff neck;
 - Inability to move an arm or leg;
 - First-time seizure.

TOPIC: CARING FOR A LOVED ONE WHO HAS THE PANDEMIC FLU

Tell participants:

- A person who has signs and symptoms of the flu during a pandemic should —
 - Get lots of rest;
 - Drink plenty of liquids to prevent dehydration;
 - Avoid alcohol and tobacco;
 - Take medications to reduce a fever and relieve flu symptoms;
 - Contact their health care professional.
- In some cases, your health-care professional may prescribe certain antiviral drugs to treat the flu. Since the flu is caused by a virus, antibiotics, such as penicillin, will not cure it.

Prevent Dehydration

Tell participants:

- With the flu, dehydration occurs when the body loses too much water and it is not replaced quickly enough. It can be serious.

- To avoid dehydration, give soothing drinks at the first signs of the flu. Also give ice and light, easily-digested foods, such as soup and broth.
- If your loved one has a fever, diarrhea or vomiting, give fluids that contain electrolytes. Soup, broth and fruit juices are good sources.
- Electrolyte drinks are also available at your pharmacy or grocery store. You may make your own re-hydration electrolyte drink for people over the age of 12 by mixing one quart water, one-half teaspoon baking soda, one-half teaspoon table salt, three to four tablespoons sugar and one-quarter teaspoon salt substitute (“lite” salt). Mix it up well and flavor it with lemon juice or sugarless Kool-Aid[®] powder.
- If drinking liquids makes nausea worse, give your loved one a sip of fluids at a time until he or she can drink again.

Reduce a Fever

Tell participants:

- Always follow the advice of the health-care professional. If there is a delay in being able to speak to a health-care professional, follow these care steps to help lower a fever:
 - Give plenty of fluids to help prevent dehydration. Not getting enough water when you have the flu can cause serious health complications.
 - Give fever-reducing medication, such as acetaminophen, aspirin or ibuprofen, as directed on the container’s label. Do not give aspirin to anyone younger than 20.
 - Keep a record of your loved one’s temperature in your care log.
 - To make your loved one more comfortable when a fever is high give a sponge bath with lukewarm water.
- If there is a delay in getting help, talk with a health professional on the phone and let him or her know what care you are giving. If the fever is very high ask if you should start an additional dose of an alternate fever-reducing medication.

TOPIC: PREPARE FOR A FLU PANDEMIC

Time: 10 minutes

Tell participants:

- Just like making a family disaster plan, you should make a plan for a flu pandemic.
- The plan should include —
 - What to do if members of your household have to stay home or separated from others for a period of time.
 - How to keep others from being infected if someone in your household gets the flu.
 - Where other healthy family members will go if you do not want them to enter the home because someone has the flu.
 - An alternate health-care professional you may call if your health-care professional is unavailable during a pandemic.

- Keep extra supplies of food, water, medicines, your disaster kit and the flu pandemic caregiving supplies.
- Make a plan for how your family members will cope if schools are closed or if they cannot go to work, or to any public gatherings, such as the market, home supply, or gas station.

Activity:

- Distribute a “Flu Pandemic Planning Worksheet,” Appendix B, to each participant.

Allow participants about five minutes to consider how they would complete the plan. Encourage them to fill in the worksheet now.

Frequently Asked Questions

Q. How much extra food, water, medicines, and supplies should I keep on hand in case of a pandemic?

A. It is not known at this time. You may need from two weeks’ to two months’ worth of supplies on hand. Check for additional recommendations on www.redcross.org.

TOPIC: THE ROLE OF THE AMERICAN RED CROSS DURING A FLU PANDEMIC

Time: 5 minutes

Tell participants:

- As in any disaster, the American Red Cross will coordinate with local, state and federal officials and other organizations, businesses, and individuals within the community to help prevent, prepare for and respond to a flu pandemic.
- During a pandemic the Red Cross may offer communities feeding support and assistance in alternate ways, possibly by delivering needed supplies to homebound persons at the request of public health authorities. The American Red Cross may not operate traditional disaster shelters, because to keep from spreading the disease, people may need to avoid contact with others.
- The Red Cross, as a trusted source of emergency information, will disseminate public messages from appropriate government sources about the nature and impact of the event, preparedness measures, safety precautions, recommended actions and sources of assistance.

TOPIC: CONCLUSION

Time: 5 minutes

Tell participants:

- The information presented today is not intended as a substitute for professional medical care or current public health advice.

- You should seek advice from your health-care professional, the CDC and your local health department to make sure any medication, treatment or vaccination is appropriate to your health. As with all medications and treatments, there are side effects and potential complications.
- It is important to stay informed about the potential threat of a public health emergency, such as pandemic flu.
- Everyone should be aware of the evolving situation. Heed the advice of health officials and government agencies. You can stay informed by visiting official Web sites, such as those by HHS, CDC and the World Health Organization. Visit www.pandemicflu.gov.
- Your participation in this presentation today was a step on the way to being informed.
- Thank you for being here.

Leader Direction: Complete a Family Caregiving Leader Activity Report (Form 6418 [Revised November 2004]) and any other paperwork, and submit it to your local Red Cross chapter.

Appendix A

Some Differences between Seasonal and Pandemic Flu Worksheet

Directions: Consider the differences between seasonal flu and pandemic flu and fill in the table with your answers. Make any necessary corrections during the discussion about the differences.

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already affecting people.	
Symptoms include fever, cough, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.	
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications).	
Generally causes modest impact on society (e.g., some school closings, encouragement of people who are sick to stay home).	

Appendix B

Flu Pandemic Planning Worksheet

Directions: Complete the following statements with your plans in the event of a flu pandemic.

- If someone in my household shows signs and symptoms of the flu, the caregiver will be:

- If the primary caregiver shows signs and symptoms of the flu, the next caregiver will be:

- If members of my household have to stay home or be separated from others for a period of time, they will stay: [insert where in the home they will stay]

- To keep others from being infected in the household, family members will: [insert actions they will take to help prevent the spread of the flu]

- Emergency telephone numbers are located: [insert where emergency telephone numbers are located]

- Emergency Supplies, including flu pandemic supplies, are located: [insert where emergency supplies are kept]

Supplies

Directions: Check off the supplies that you currently have on hand. Be sure to make a shopping list and purchase the items that you do not already have on hand.

- Extra supplies of food, water, and medicines. Include vitamins, prescription medications and over-the-counter medicines – such as cough and cold remedies, pain relievers and anti-diarrhea medication.
- A Disaster Kit
- Extra supplies of fever-reducing medications (including acetaminophen and ibuprofen).
- Soap
- Bleach
- Alcohol-based hand sanitizer
- Paper towels
- Tissues
- Thermometer
- Box of disposable gloves
- At least one surgical mask for each household member
- Electrolyte drinks, fruit juice, and soup or ingredients for electrolyte solution (sugar, baking soda, salt, salt substitute)

Coping with illness and distress

Check off the positive coping actions that might help reduce anxiety, lessen other distressing reactions, and improve the interpersonal situation in your household:

- Talking to another person for support.
- Getting adequate rest, a healthy diet, and exercise and keeping a regular schedule.
- Engaging in positive distracting activities (home based sports and hobbies, reading, journal writing, enjoyable household chores, home schooling).

[Insert activities you can plan to do.]

Which of these negative coping reactions can you make an effort to avoid in your household?

- Using alcohol or drugs to cope
- Expressing negative emotions: anger, violence and blame
- Emotionally withdrawing
- Overwork, or overeating
- Watching too much TV or playing too many computer games

Family Emergency Health Information Sheet

Directions: Fill in the names, health information and telephone numbers on the Family Emergency Health Information Sheet in Appendix C

Appendix C

**Family Emergency Health
Information Sheet**

It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

1. Family Member Health Information

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages	In Case of Emergency Contact

2. Emergency Contacts

Contacts	Name and Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near work	
Hospitals near school	
Hospitals near home	
Family physician(s)	
State public health department (See list on www.pandemicflu.gov)	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	
Veterinarian	

Provided by the US Department of Health and Human Services, CDC 1/2006 www.pandemicflu.gov.

Appendix D

Course Record and Course Record Addendum

Red Cross instructor trainers, instructors and leaders can obtain hard copies of course record forms from their chapter or download the forms from the American Red Cross Instructor's Corner www.redcross.org/instructorscorner. Online registration is required, but anyone can register and begin using the tools.

Course Record Sheet

<http://www.instructorscorner.org/ViewDocument.aspx?DocumentId=2233>

Course Record Addendum

<http://www.instructorscorner.org/ViewDocument.aspx?DocumentId=2234>