

流行感冒的家中护理

Home Care for Pandemic Flu

When many people get a disease at the same time, it is called a pandemic. Pandemic flu is caused when many people get sick or infected from a new flu virus. Flu virus is spread through coughing and sneezing by people who have the flu. The flu also spreads when a person touches a surface or an object with the flu virus on it and then touches their eyes, nose or mouth. Flu virus can live for up to 24 hours on a solid surface.

The signs of seasonal flu are fever, cough, sore throat, runny or stuffy nose, muscle aches, headache, chills and fatigue. Some people have vomiting and diarrhea. The signs of pandemic flu are the same, but they may be more severe and affect more people. If you or a loved one has signs of pandemic flu, stay home and avoid contact with others.

If you are caring for a loved one during a pandemic, take steps to protect yourself and others. Listen for information from local and state officials on how to care for a person ill with the flu.

Gather these supplies to prepare for pandemic flu:

- Thermometer
- Disposable respirators (one for each person)
- Soap
- Alcohol-based hand sanitizer
- Paper towels
- Tissues



Image: OSHA,
U.S. Dept. of Labor

当很多人同时得一种病时,这被称为流行病。许多人由一种新的感冒病毒而致病或受感染,就会引起流行感冒。流感通过流感患者咳嗽或打喷嚏而传染给别人。流感还会在有人接触有流感病毒的表面或物体后触摸眼睛、鼻子或嘴巴而传染。流感病毒在固体表面上可存活长达24小时。

T季节性感冒的症状是发烧、咳嗽、嗓子疼、流鼻涕或鼻塞、肌肉疼痛、头痛、发寒和疲倦。有些人还会呕吐和腹泻。流行感冒的症状是相同的,但症状可能会更严重并影响更多人。如果您或一位您亲人有流行感冒症状,请呆在家中并避免与其他人接触。

如果您在流行病期间正照顾一位亲人,请采取措施保护您自己和其他人。请收听地方和州官员有关如何护理流行感冒患者的信息。

收集这些物品以为流行感冒作准备:

- 温度计
- ... 一次性呼吸防护罩 (每人一个)
- 肥皂
- 酒精洗手剂
- 擦手纸
- 纸巾

- A disinfectant cleaner or a cleaner with bleach
- A box of disposable gloves
- Cans of soup and broth
- Fluids with electrolytes and vitamins such as sports drinks like Gatorade, Powerade or Pedialyte (for children)
- Fever-reducing medicine such as acetaminophen or ibuprofen

Note:

- **Do not give aspirin or aspirin-based products to children.** It may cause a rare, but serious illness called Reye's syndrome.
- Check with a doctor **before** giving cold medicines for flu signs to children 4 years old or younger.

Caring for a Loved One

- **Call your doctor to report your loved one's flu signs.** Your doctor will give you advice about home care or tell you if emergency care is needed.
- Write down the date, time, fever, signs, medicines given and dosage. Make a note when his or her flu signs change.
- Give plenty of fluids to prevent dehydration, which can be serious. Make sure the ill person drinks plenty of fluids, ice and foods such as soup and broth at the first signs of the flu. If your loved one has diarrhea or vomiting, give fluids that contain electrolytes and vitamins. If fluids make nausea worse, give one sip at a time until his or her nausea improves.
- Medicines to ease the signs of the flu, such as antiviral medicines, may be ordered by your doctor.

- 消毒清洁剂或含漂白剂的清洁剂
- 一盒一次性手套
- 罐头汤和罐头浓汤
- 含电解质和维生素的液体, 如运动饮料 Gatorade、Powerade 或 Pedialyte (儿童使用)
- 如止痛片或布洛芬的降烧药

注意:

- **请勿让儿童服用阿司匹林或含有阿司匹林的产品。**这样可能导致一种罕见但很严重的疾病, 雷氏症候群。
- 给四岁或以下的孩子感冒药治疗流感的症状之前, 请先向医生洽询。

照顾亲人

- **打电话给您的医生报告亲人的流感症状。**您的医生将告知您家庭护理知识或是否需要急诊护理。
- 请记录日期、时间、发烧、症状、用药和剂量。患者症状改变时请作记录。
- 让喝大量液体以防脱水, 脱水可能会是严重情形。一出现感冒症状, 就请确保患者摄取大量液体、冰和食物, 如汤和浓汤。如果亲人有腹泻或呕吐, 给饮含电解质和维生素的液体。如果液体使患者更加恶心, 一次给饮一小口直到其恶心好转。
- 可要您的医生开减轻感冒症状的药物, 如抗病毒药。

- To help reduce a fever give:
 - Plenty of fluids.
 - A fever-reducing medicine, such as acetaminophen or ibuprofen. Do not give aspirin to anyone younger than 18 years old.
 - A sponge bath with lukewarm water for fever.
- Be sure all family members get enough rest.
- Avoid alcohol and tobacco products to stay healthy.

Call your doctor again if your loved one has:

- A fever over 104 degrees Fahrenheit (F) or 40 degrees Celsius (C) for adults or children over 2 years old.
- A fever over 102 degrees F or 38.9 degrees C for babies 3 to 24 months old.
- A fever of 100.4 degrees F or 38 degrees C for babies less than 3 months old.
- A fever of 100.4 degrees F or 38 degrees C for three days for children 6 months or older.
- Children of any age who have a seizure with fever. Seizures happen when a child between 6 months and 6 years of age have a temperature greater than 100.4 degrees F or 38 degrees C.
- A cough that produces thick mucus.
- Signs of dehydration such as dry mouth or great thirst.
- Flu signs that get better and then get worse.
- Worsening of other medical conditions such as heart disease or diabetes.

- 为帮助降烧, 请给予:
 - 大量液体。
 - 如止痛片或布洛芬的降烧药。不要给任何18岁以下的人服用阿斯匹林。
 - 洗一个温水海绵浴降烧。
- 保证所有家庭成员都得到充分休息。
- 避免饮酒和使用烟草产品, 以保持健康。

如果您的亲人有下列症状, 请再次打电话给您的医生:

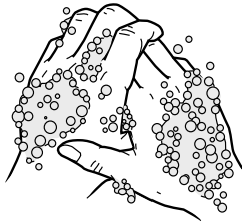
- 成人或两岁以上的孩子发烧超过华氏104度(摄氏40度)的。
- 3至24个月的婴儿发烧超过华氏102度(摄氏38.9度)。
- 3个月以下的婴儿发烧超过华氏100.4度(摄氏38度)。
- 6个月以上的婴儿**持续三天**发烧华氏100.4度(摄氏38度)。
- 任何年龄的儿童因发烧而惊厥。惊厥发生在6个月至6岁的儿童的体温高于华氏100.4度(摄氏38度)。
- 咳出浓痰的咳嗽。
- 脱水症状, 如口腔干燥或极其口渴。
- 流感症状先好转, 然后恶化。
- 其他病况恶化, 如心脏病或糖尿病。

Call 911 or go to the emergency department if your loved one has:

- Confusion or dizziness
- Problems with breathing
- Chest pain
- Blue or gray skin color
- A stiff neck
- No ability to move an arm or leg
- Seizures

To prevent the spread of the flu virus to others:

- Have the infected person and caregiver wear a facemask.
- Wash your hands with soap and warm water before and after providing care or touching items that may have germs on them.
 - › Wash your hands briskly for 15 seconds.
 - › Clean under your nails.
 - › Use paper towels to dry your hands so you do not spread germs on shared towels.
 - › Use a paper towel to turn off the faucet.
 - › Apply alcohol-based hand sanitizer. Put enough liquid on your hands to moisten the front and back of your hands and fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands 15 to 30 seconds or until your hands are dry.



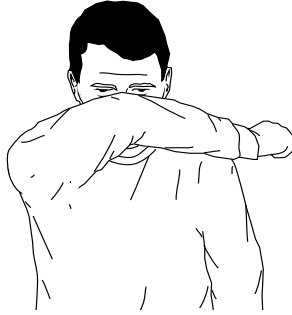
如果您的亲人有以下症状, 请打 911 或去急诊部:

- 意识混乱或头昏
- 呼吸困难
- 胸痛
- 皮肤发青或发灰
- 颈部僵硬
- 一只手臂或一条腿不能移动
- 惊厥

若要防止将感冒病毒传给其他人:

- 让患者和护理者戴口罩。
- 在提供护理或触碰可能带菌的物品前后, 请用肥皂和温水洗手。
 - › 用力洗手 15 秒钟。
 - › 请清洁指甲内。
 - › 用擦手纸擦干双手, 以免将细菌擦拭在公用毛巾上。
 - › 用一张擦手纸把水龙头关掉。
 - › 请用酒精基手清洁剂。在手上倒足量清洁液, 将手掌、手背和手指都弄湿。用力擦清洁液, 好似您在洗手一样。务必将手指之间弄湿。擦手 15 至30秒, 或直到手干燥为止。

- Cover your mouth and nose with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.



- Keep your hands away from your eyes, nose and mouth.
- Keep everyone's personal items separate.
- Avoid sharing items such as food or eating utensils, toys, computers, pens, papers, clothes, towels, sheets or blankets, unless they are disinfected.
- Clean surfaces such as countertops, sinks, faucets, doorknobs, telephones and light switches with a disinfectant cleaner or a cleaner with bleach. You can also mix your own water and bleach solution. Mix 10 parts water with one part bleach.
- Use detergent and very hot water to wash dishes or clothes. Dishes used by sick people can be safely washed with dishes used by others if detergent and very hot water are used. The same is true for washing laundry.
- Wear disposable gloves when cleaning up body fluids then wash your hands.

If at any time you have questions or concerns, contact your doctor or nurse.

- 当您咳嗽或打喷嚏时请用纸巾掩住口鼻，以防将细菌扩布到您周围。丢掉纸巾并洗手。如果您没有纸巾，请向肩头或咳嗽或喷嚏。
- 不要用手触碰您的眼、鼻和嘴。
- 将每个人的个人物品分开放置。
- 个人物品应分开避免共用食物或器具，如玩具、计算机、钢笔、纸、衣服、毛巾、床单或毯子，除非消毒过则例外。
- 请用消毒清洁剂或含漂白剂的清洁剂清洁表面，如台面、水池、水龙头、门把、电话和灯的开关。您也可自己制作水和漂白剂的溶剂。混合十份水和一份漂白剂。
- 用洗涤剂和很热的水洗碗盘或洗衣服。如用清洁剂和很热的水，病人用的碗盘与其他人的碗盘一起洗很安全。待洗衣物也可同样处理。
- 清洗体液时请戴一次性手套，然后洗手。

如果您有任何疑问或关注事宜，请告知您的医生或护士。