

# Family Care Tips

## During Influenza Season

### Wash Hands

- ★ Wash hands first with soap & water
- ★ Dry well



**Use Hand Sanitizers**  
(Don't forget thumbs & fingernails!)

- ★ NOTE: Antibacterial soaps are not necessary

### Taking Temperatures

Normal : 36.0 - 37.0 °C  
96.8 - 98.6 °F  
37.0 - 38.0 °C  
High : 38.0 °C  
100.4 °F

- ★ Normal
- ★ Repeat & monitor Temperature
- ★ Drink lots of fluids (water & juices)
- ★ Cool bath or sponge bath
- ★ Take off extra clothes
- ★ Tylenol™ or Motrin™ (as per package instructions)

If fever persists longer than 3 days or person gets worse follow up with your health care provider.

### Cough Etiquette



**Cough into your sleeve**  
(Not into the air or hands!)

### Treating Diarrhea

**BRATT Diet**  
B - bananas  
R - rice  
A - apples  
T - toast  
T - tea



- ★ Traditional ways (medicines or food)
- ★ Drink lots of fluids

### Cleaning During An Illness



- ★ Dishes - hot soapy water
- ★ Kitchen
- ★ Bathroom
- ★ Bedroom

Clean surfaces as you usually do, then spray on the bleach cleaner, let air dry.  
Mix 1 teaspoon of bleach with 2 cups of water  
LABEL CONTENTS of BOTTLE



### IF Symptoms

do not get better after **24** hours,

- ★ Call Provincial Telehealth
- ★ Contact doctors' office for direction
- ★ Follow directions of Provincial Health  
1-800 numbers will be posted

### Important Numbers

Health Centre: \_\_\_\_\_

Band Office

Emergency Line: \_\_\_\_\_