



Self-Care Fact Sheet for Influenza A & Influenza-Like Illness

This fact sheet provides members of the Military community who have been diagnosed with an influenza-like illness (ILI) or Influenza A with information to help you take good care of yourself and protect others from getting sick.

Description: Symptoms of ILI and Influenza A are similar to seasonal influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

Treatment and Prevention:

Stay at home. To prevent the spread of illness, self-isolate in your barracks or home until you are no longer contagious. The guideline is to remain isolated during illness and for at least 24 hours after the ill person's fever is gone, except to get medical care (fever should be gone without the use of a fever-reducing medicine). Active duty individuals who are found to have influenza-like illness or Influenza A will be given quarters and/or isolated until 24 hours after symptoms have disappeared. It is recommended that if you have the flu do not travel via public transportation.

Inform recent contacts of your illness. Take a moment to inform anyone with whom you may have had close contact in the past week about your diagnosis. It is important for exposed individuals who develop symptoms to receive early intervention and treatment, especially if they are high risk. High risk individuals include children under 2, pregnant women, those with chronic health problems, or weak immune systems.

If you go out, cover your cough or sneeze. If you must leave your home or barracks (e.g., to seek medical care or other necessities), cover your nose and mouth when coughing or sneezing. A surgical mask can be helpful.

If you are caring for an ill person, provide safer care at home. Roommates, household members, or those caring for an ill person should follow guidance developed for caring for sick persons at home. Please visit the Centers for Disease Control and Prevention website at:
http://www.cdc.gov/h1n1flu/guidance_homecare.htm#c

Take care of yourself. Get plenty of rest, drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated. If you require medical care, contact your health care provider or campus health services to report illness by telephone or other remote means. For your comfort, over-the-counter medications can be used. These include Tylenol or Ibuprofen for fever and for headaches and muscle pain, throat lozenges for a sore throat, and decongestants for a stuffy nose. If you are taking prescription medications, check with your doctor or pharmacist to be sure they won't interact with any of these over-the-counter medications.

Watch for emergency warning signs. Get medical care right away if you: have difficulty breathing or chest pain; purple or blue discoloration of the lips; are vomiting and unable to keep liquids down; have signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry; have seizures (for example, uncontrolled convulsions); or are less responsive than normal or becomes confused. If you are on duty, notify your 1st Sgt. right away and seek medical help from your health care provider or emergency room.

For More Information: Up-to-date information and guidance about ILI and the H1N1 flu outbreak is available on these websites: Centers for Disease Control and Prevention, <http://www.cdc.gov/h1n1flu/> World Health Organization, <http://www.who.int/csr/disease/swineflu/en/>