

Matibabu ya Nyumbani ya Influenza Inayoenea Kote

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.

Watu wengi wanapopata ugonjwa wakati mmoja, hali hii huitwa maradhi yanayoenea kote. Influenza inayoenea kote husababishwa wakati watu wengi wanakuwa wagonjwa au kuambukizwa na virusi vipya vya influenza. Virusi vya influenza husambazwa kupitia kukohoa na kupiga chafya kwa mtu aliye na influenza. Influenza pia husambaa mtu anapogusa eneo au kitu kilicho na virusi vya influenza na kisha kugusa macho, pua au mdomo wake. Virusi vya influenza vinaweza kukaa kwa hadi saa 24 kwenye eneo gumu.

Dalili za influenza ya kimsimu ni joto la homa, kukohoa, koo linalowasha au pua lenye kamasi, maumivu ya misuli, kuumwa na kichwa, kuhisi baridi na uchovu. Baadhi ya watu hutapika na kuharisha. Dalili za influenza inayoenea kote ni sawa na hizi, lakini zinaweza kuwa kali zaidi na kuathiri watu wengi zaidi. Iwapo wewe au mtu unayemthamini ana dalili za influenza inayoenea kote, salia nyumbani na uepuke kutangamana na watu wengine.

Iwapo unamhudumia mtu unayemthamini wakati wa maradhi yanayoenea kote, chukua hatua za kujilinda na kulinda watu wengine. Sikiliza taarifa kutoka kwa maafisa wa jimbo na wa eneo lako kuhusu jinsi ya kumhudumia mtu aliye na influenza.

Gather these supplies to prepare for pandemic flu:

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



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

Kusanya vitu hivi ili ujitayarishe kukabiliana na influenza inayoenea kote:

- Kipimajoto
- Vifaa vya kupumua vinavyotumika na kutupwa (kimoja kwa kila mtu)
- Sabuni
- Kisafishaji cha mikono kinachotengeneza kwa pombe

- Paper towels
- Tissues
- 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

- Taulo za karatasi
- Karatasi shashi
- Kisafishaji cha kuondoa viini au kisafishaji chenye kemikali ya kubadilisha rangi.
- Katoni ya glavu zinazotumika na kutupwa
- Mikebe ya supu na mchuzi wa nyama
- Vitu vioevu vilivyo na elektrolaiti na vitamini kama vile vinywaji vya spoti kama vile Gatorade, Powerade au Pedialyte (kwa watoto)
- Dawa za kupunguza joto la homa kama vile acetaminophen au ibuprofen

Kumbuka:

- **Usiwape watoto aspirini au bidhaa za aspirini.** Inaweza kusababisha ugonjwa usio wa kawaida lakini ulio hatari unaoitwa dalili za ugonjwa wa Reye.
- Wasiliana na daktari **kabla** ya kuwapa watoto walio na umri usiozidi miaka 4 dawa za homa kwa dalili za influenza.

Kumhudumia Mtu Unayemthamini

- **Mpigie simu daktari wako ili uripoti dalili za influenza za mtu unayemthamini.** Daktari wako atakupa ushauri kuhusu huduma ya matibabu ya nyumbani au atakueleza iwapo huduma ya matibabu ya dharura inahitajika.
- Andika tarehe, wakati, joto la homa, dalili, dawa na kipimo kinachopeanwa. Zingatia wakati ambapo dalili zake za influenza zinabadilika.
- Mpe vitu vioevu kwa wingi ili kuzuia maji kuisha mwilini, hali ambayo inaweza kuwa hatari. Hakikisha kuwa mtu ambaye ni mgonjwa anakunywa vitu vioevu kwa wingi, barafu na vyakula kama vile supu na mchuzi wa nyama wakati wa dalili za kwanza za influenza. Iwapo mtu unayemthamini anataapika au kuharisha, mpe vitu vioevu ambavyo vina elektrolaiti na vitamini. Iwapo vitu vioevu vinafanya

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.
- 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.

hali ya kichefuchefu kuwa mbaya zaidi, mpe kidogo kidogo hadi hali yake ya kichefuchefu itakapoimarika.

- Dawa za kupunguza dalili za influenza, kama vile dawa za kingavirusi, zinaweza kuagizwa na daktari wako.
- Ili kusaidia kupunguza joto la homa mpe:
 - Vitu vioevu kwa wingi.
 - Dawa ya kupunguza joto la homa, kama vile acetaminophen au ibuprofen. Usimpe aspirini mtu yeyote aliye na umri usiozidi miaka 18.
 - Maji ya vuguvugu ya kuoga na sponji kwa ajili ya joto la homa.
- Hakikisha kuwa wanafamilia wote wanapumzika vya kutosha.
- Usitumie bidhaa za pombe na tumbaku ili udumishe afya.

Mpigie daktari wako simu tena iwapo mtu unayemthamini ana:

- Joto la homa linalozidi digrii za Farenhaiti (F) 104 au digrii selisiasi (C) 40 kwa watu wazima au watoto walio na umri unaozidi miaka 2.
- Joto la homa linalozidi digrii F 102 au digrii C 38.9 kwa watoto wachanga walio na umri wa miezi 3 hadi 24.
- Joto la homa la digrii F 100.4 au digrii C 38 kwa watoto walio na umri usiozidi miezi 3.
- Joto la homa la digrii F 100.4 au digrii C 38 kwa siku tatu kwa watoto walio na umri unaozidi miezi 6.
- Watoto wa umri wowote walio na kifafa na joto la homa. Kifafa hutokea wakati mtoto aliye kati ya umri wa miezi 6 na miaka 6 ana halijoto linalozidi digrii F 100.4 au digrii C 38.
- Kikohozi kinachotoa kamasi nzito.
- Dalili za kupunguka kwa maji mwilini kama vile mdomo uliokauka au kiu kikuu.
- Dalili za influenza ambazo huimarika na kisha kuwa mbaya zaidi.

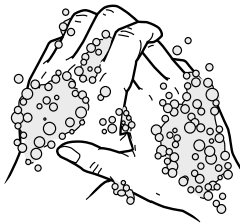
- Worsening of other medical conditions such as heart disease or diabetes.

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.



- Kudhoofika zaidi kwa hali zingine za kimatibabu kama vile ugonjwa wa moyo au kisukari.

Piga simu kwa 911 au nenda kwenye idara ya dharura iwapo mtu unayemthamini ana:

- Kuchanganyikiwa au kizunguzungu
- Matatizo ya kupumua
- Maumivu ya kifua
- Rangi ya ngozi ya kijivu au samawati
- Shingo lililoganda
- Kutokuwa na uwezo wa kusogeza mkono au mguu
- Kifafa

Ili kuzuia kusambaa kwa virusi vya influenza kwa watu wengine:

- Hakikisha kuwa mtu aliyeambukizwa na anayempa huduma wamevaa barakoa za usoni.
- Osha mikono yako kwa sabuni na maji ya vuguvugu kabla na baada ya kutoa huduma au kugusa vitu ambavyo huenda vina viini.
 - › Osha mikono yako haraka kwa sekunde 15.
 - › Safisha ndani ya kucha zako.
 - › Tumia taalo za karatasi kukausha mikono yako ili usisambaze viini kwenye taalo zinazoshirikiwa.
 - › Tumia taalo ya karatasi kufunga mfereji.
 - › Tumia kisafishaji cha mikono kinachotengenezwa kwa pombe. Weka maji yakutosha kwenye mikono yako ili kufanya vidole na sehemu ya nyuma na mbele ya mikono yako kuwa na unyevu. Sugua maji kwa haraka kama unayeosha mikono yako. Hakikisha kuwa umefanya vidole vyako kuwa na unyevu. Sugua mikono yako kwa sekunde 15 hadi 30 au hadi mikono yako itakapokauka.

- 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.



- Funika pua na mdomo wako ukitumia karatasi shashi unapokohoa au kupiga chafya ili uzuie kusambaa kwa viini kwa watu walio karibu nawe. Tupa karatasi shashi na uoshe mikono yako. Iwapo huna karatasi shashi, kohoa au piga chafya kwenye bega au mikono yako.
- Usiguse macho, pua na mdomo kwa mikono yako.
- Weka vitu vya kibinafsi vya kila mtu kivyake.
- Usishiriki vitu kama vile chakula au vyombo vya kulia, vitu vya watoto kuchezea, kompyuta, kalamu, karatasi, nguo, taulo, pazia au blanketi, isipokuwa viwe vimewekewa dawa ya kuua viini.
- Safisha maeneo kama vile sehemu za juu za kuuzia, sinki, mifereji, vishikio vya milango, swichi za simu na taa ukitumia kisafishaji cha kuua viini au kisafishaji kilicho na kemikali ya kubadilisha rangi. Unaweza pia kuchanganya maji yako mwenyewe na maji yenye kemikali ya kubadilisha rangi. Changanya vipimo 10 vya maji na kipimo kimoja cha blichi.
- Tumia sabuni na maji moto zaidi kuosha vyombo au nguo. Vyombo vilivyotumika na wagonjwa vinaweza kuoshwa kwa njia salama na vyombo vilivyotumika na watu wengine iwapo sabuni na maji moto zaidi yatatumika. Nguo pia zinaweza kuoshwa vivyo hivyo.
- Vaa glavu zinazotumika na kutupwa unaposafisha ugiligili wa mwili kisha uoshe mikono yako.

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

Iwapo una wasiwasi au maswali, wasiliana na daktari au mwuguzi wako wakati wowote.