

行感冒的家中護理

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

當很多人同時得一種病時，這稱為行病。許多人由一種新的感冒病毒而致病或受感染，就會引起行感冒。感透過感患者咳嗽或打噴嚏而傳染給別人。感還會在有人接觸有感病毒的表面或物體後觸摸眼睛、鼻子或嘴巴而傳染。感病毒在固體表面上可存活長達24小時。

季節性感冒的症狀是發燒、咳嗽、喉嚨痛、鼻涕或鼻、肌肉疼痛、頭痛、發寒和疲倦。有些人還會嘔吐和腹瀉。行感冒的症狀是相同的，但症狀可能會更嚴重並影響更多的人。如果你或一位親人有行感冒症狀，請在家中並避免與其他他人接觸。

如果你在行病期間正照顧一位親人，請採取措施保護你自己和其他人。請收聽地方和州官員有關如何護理行感冒患者的資訊。

收好這些物品以為行感冒作準備：

- 溫計
- ...一次性呼吸器(每人一個)
- 肥皂
- 酒精洗手劑
- 擦手紙
- 紙巾

- 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.

- 消毒清潔劑或含漂白劑的清潔劑
- 一盒一次性手套
- 罐頭湯和罐頭濃湯
- 含電解質和維生素的液體，如運動飲 Gatorade、Powerade 或 Pedialyte (兒童使用)
- 如止痛片或布 芬的退燒藥

注意：

- **請勿讓兒童服用阿斯匹 或含有阿斯匹 的產品。**這樣可能導致一種罕見但很嚴重的疾病，氏症候群。
- 給四歲或以下的孩子感冒藥治 感的症狀之前，請先向醫生洽詢。

照顧親人

- **打電話給你的醫生報告親人的 感症狀。**你的醫生將告知你家庭護理知 或是否需要急診護理。
- 請記 日期、時間、發燒、症狀、用藥和劑量。患者症狀改變時請作記。
- 讓喝大量液體以防脫水，脫水可能會是嚴重情形。一出現感冒症狀，就要確保患者攝取大量液體、冰和食物，如湯和濃湯。如果親人有腹瀉或嘔吐，給予含電解質和維生素的液體。如果液體使患者更加噁心，一次給予一小口直到其噁心好轉。
- 可要你的醫生開減輕感冒症狀的藥物，如抗病毒藥。

- 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.

- 為幫助退燒，請用：
 - 大量液體。
 - 如止痛片或布芬的退燒藥。不要給任何 18 歲以下的人服用阿斯匹林。
 - 洗一個溫水海綿浴退燒。
- 保證所有家人都得到充份休息。
- 避免飲酒和使用煙草產品，以保持健康。

如果你所愛的親人有下 症狀，請再次打電話給你的醫生：

- 成人或 2 歲以上的兒童發燒超過 40 攝氏度 (°C) 104 或華氏度 (°F)。
- 3 至 24 個月大的嬰兒發燒超過 38.9 攝氏度或 102 華氏度。
- 3 個月以下的嬰兒發燒 38 攝氏度或 100.4 華氏度。
- 6 個月以上的嬰兒持續三天發燒華氏 100.4 (攝氏 38)。
- 任何年齡的兒童因發燒而產生驚厥。驚厥發生在 6 個月至 6 歲的兒童的體溫高於華氏 100.4 (攝氏 38)。
- 咳出濃痰的咳嗽。
- 脫水症狀，如口腔乾燥或極其口渴。
- 流感跡像先變好後惡化。
- 其他病況 化，如心臟病或 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.



如果你的親人有以下症狀，請打 911 或去急診部：

- 意混或頭昏
- 呼吸困難
- 胸痛
- 皮膚發青或發灰
- 頸部僵硬
- 一隻手臂或一條腿不能移動
- 驚厥

要防止將感冒病毒傳給其他人：

- 請讓患者和護理者戴口罩。
- 在提供護理或觸碰可能帶菌的物品之前和之後，請用肥皂和溫水洗手。
 - › 用力洗手 15 秒鐘。
 - › 請清潔指甲內。
 - › 用擦手紙擦乾雙手，這樣你不會將細菌擦拭在公用毛巾上。
 - › 用一張擦手紙把水喉關掉。
 - › 請用酒精基手清潔劑。在手上倒足量清潔液，將手掌、手背和手指都弄濕。用力擦清潔液，好似您在洗手一樣。務必將手指之間弄濕。擦手 15 至 30 秒，或直到手乾燥為止。

- 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.



- 當你咳嗽或打噴嚏時請用紙巾掩住口鼻，以防將細菌擴散到你週圍。丟掉紙巾並洗手。如果你沒有紙巾，請向肩頭或臂掩住咳嗽或噴嚏。
- 不要用手觸碰你的眼、鼻和嘴。
- 個人物品應分開。
- 避免共用食物或器具，如玩具、電腦、鋼筆、紙、衣服、毛巾，床單或毯子，除非消毒過則外。
- 請用消毒清潔劑或含漂白劑的清潔劑清潔表面，如檯面、水池、水喉、門把、電話和燈的開關。你也可自己用水和漂白劑進行混合。混合十份水和一份漂白劑。
- 用洗滌劑和很熱的水洗碗盤或洗衣服。如用清潔劑和很熱的水，病人用的碗盤與其他人的碗盤一起洗很安全。待洗衣物也可同樣處理。
- 清洗體液時請戴一次性手套，然後洗手。

如果您有任何疑問或擔心，請告知您的醫生或護士。

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