

# Sick at Home?

## What to do if you're sick:

- Stay home!
- Monitor yourself for worsening symptoms
- Get rest and stay hydrated
- Manage symptoms with over the counter medications
- Call your doctor before going in



## How to care for sick people:

- Create a "sick room"
- Monitor and manage symptoms with over the counter medication
- Watch for complications that require medical attention
  - Difficulty breathing
  - Seizures
  - Signs of dehydration
  - Difficulty communicating or understanding
- Keep tissues in a trash bag
- Keep person hydrated
- Wash hands often
- Sanitize high touch surfaces often

### Stay at Home Supply List:

- Thermometer
- Fever reducing medications
- Liquids for hydration
- Household cleaners
- Tissues
- Soap and water
- Hand sanitizer
- Trash bags
- Alcohol wipes or cotton balls and rubbing alcohol for thermometer cleaning
- 2 week supply of food