

Guide for Home Recuperation for Influenza Patients

August 2009

At present, many of the H1N1-influenza patients show mild symptoms. Only a limited number of patients need hospitalization for treatment.

In cases of both new and seasonal influenzas where a patient has pre-existing disease such as asthma, chronic heart disease, diabetes, or the patients are infants, the elderly, or pregnant women, the infection may develop to a serious condition. Otherwise, most people who do not have any serious illnesses will get over the influenza in a week or so.

Even if you are diagnosed with H1N1-influenza, please do not worry or stress yourself about it. Please refer to this guide and take a good treatment.



Mild-Case Patients Should Undergo Home Healthcare

- When infected with a new-influenza virus, seriously developed patients or patients with a possibility of such development must be hospitalized for treatment. However, those patients of mild cases are requested to stay home for home recuperation.
- The period of the home healthcare should be “for 7 days from the following day of the day when you first had symptoms such as a fever” or “for 2 days after your fever went down.”



Consult with a Doctor in the Following Cases

- You have a fever for 4 consecutive days and your health condition does not improve.
 - You suffer severe coughs and congestion in addition to chest pain and difficulty in breathing.
 - You have the symptoms of dehydration, such as having a difficulty taking in fluid freely and getting lightheaded.
 - You experience panting or shallow breathing (higher respiratory rate)
 - The symptoms improved, but then begun coughing and feeling feverish.
 - Or, some other unusual symptoms should appear such as seizure, etc.
- ※ Small children need to be specially monitored.



Points to be Born in Mind by Patients and the Family

- ◎ Important points for home healthcare are to manage the patient's health condition and prevent infection of other members of the family.

Please refer to the points to bear in mind on the back of this sheet. Family members as well as the patient him/herself should cooperate with each other for a quicker recovery from influenza.

Points for home healthcare

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Points the Patient Should Bear in Mind

- ① Take your temperature everyday.
- ② Finish your medicine as prescribed for you even after your symptoms disappear.
- ③ Refrain from going out and get good rest in your room.
- ④ Stay hydrated and drink lots of fluids. (Water, tea, sports drink, etc.)
- ⑤ Take nutrition and try to get enough sleep.
- ⑥ Please observe the “cough etiquette”.

“Cough Etiquette”

- Wear a face mask while you have a cough.
- When you cough or sneeze, cover your mouth and nose with a tissue, turn your face away, and, if possible, stay at least two meters away from surrounding people.
- Place used tissues into a trash can immediately.



Points Family Members Should Bear in Mind

○ Looking after a patient

- ① Be attentive to the condition of the patient. If his/her health condition should deteriorate, please consult with a medical institution.
- ② Select nutritious foods and fluids that can be easily digested for the patient.
- ③ When you take care of the patient, wear a mask.
- ④ Patients' tableware and clothing can be disinfected through the normal procedure of cleaning, washing and drying. However, avoid sharing towels and tableware.

○ Health management for family members

- ① Family members are also encouraged to take their temperature everyday.
- ② If you should have symptoms such as a fever over 38°C, cough, and sore throat, report to a Health Center.
- ③ Wash your hands frequently, especially after taking care of the patient.
- ④ Whenever possible, stay in a separate room from the patient.
- ⑤ Please ventilate your rooms frequently and maintain appropriate humidity (50~60%).

※ Should you have any further concerns, please contact the medical institution at which you were treated or nearby Health Center (Health and Welfare Office).

Nagano Prefecture Health Department