

Managing in the Home

5. Care for those who are sick

If someone in your family becomes sick phone your local doctor or practice nurse for advice on what to do. We -free.

A person with influenza could be sick for up to 2 weeks. Try to keep sick family members away from the rest of the family as much as possible, e.g. encourage them to stay in their own bedroom instead of spending time on the couch in the living room. If, however, more than one person becomes sick then they may share a room.

The main concerns are dehydration and fever.

contain a little sugar and electrolytes, such as:

Home-made electrolyte drinks (see over).

Soft drinks and fruit juice but add plenty of cold water.

For babies: breast milk.

Having a fever is uncomfortable and may prevent the patient from eating, drinking, or sleeping, so check their temperature regularly and aim to keep it as close to normal (37 degrees Celsius) as possible.

You should have a thermometer in your first aid kit. To avoid infecting another family member, it is best to take the
Wipe the thermometer with disinfectant between uses. You can also
purchase single-use clinical thermometers from your local chemist.

