

THE FLU

Its sudden onset, exhaustion, severe body aches, fever with shaking chills, and cough and sneeze attacks, identify this as more than a cold. the regular flu season usually lasts from november to april. since april 2009, most of the flu in the u.s.a. has been h1n1 pandemic flu. most people are sick for about a week.

please do not underestimate this flu! as you know, h1n1 has been more contagious, worse for healthy people, and makes people sicker, longer, than regular flu. some people start to get better, then suddenly get sick again, especially with pneumonia.

because of these characteristics, I recommend that you...

1) quarantine yourself - do not go to school or out in public until you have been well for 24 hours. if you live alone, please ask someone to call you every day and check on you, while you are sick.

2) take good care of yourself - stay in bed, sleep a lot, drink lots of water, eat chicken soup and/or spicy kimchee ramen.

3) ask someone to go out and get these 4 supplies for you:

--a thermometer,

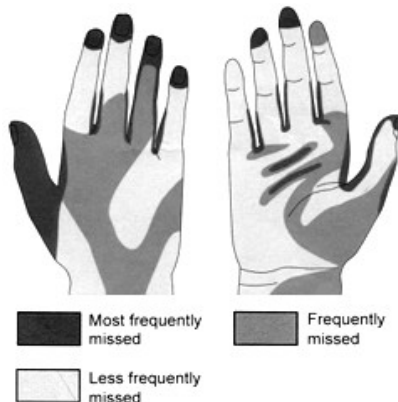
--a bottle of tylenol and/or ibuprofen,

--a bottle of hand sanitizer,

--a jumbo box of tissue (& supplies listed below).

4) relieve the symptoms:

- for cough and sore throat, hot tea with honey - or just a spoonful of honey. avoid smoke.
- for congestion, menthol vapor rub on chest and neck (not on sensitive nostrils!). avoid nasal sprays.
- for body aches and temperature swings:
acetaminophen (tylenol) 1000mg, then 3 hours later ibuprofen (advil) 600mg - repeat, alternating one and then the other, every 3 hours by the clock (adult doses).
-- don't take the same one twice in a row. don't wait until you already feel horrible before taking them. if you use nyquil or other over-the-counter remedies, skip the tylenol (most remedies contain tylenol already).
-- avoid aspirin (salicylate) products during viral illnesses! this means no pepto-bismol, alka-seltzer, exedrin, or sine-off, due to the danger of reye's syndrome coma.
- for eye irritation: boil some water, then dissolve 1/2 tsp salt in 1 cup boiled water (in clean container). for itching/dryness, use as hot compress with clean cloth or tissue (hold it gently on closed eyes, as hot as you can tolerate, until it cools off. repeat as desired). use to wipe eyes clean when crusty. avoid rubbing your eyes. USE HAND SANITIZER before touching your face!



wash your hands!

please call 285-1668 or email leigh@drleigh.org if: questions or concerns.
call 285-1668 or go to emergency room immediately if: worse trouble breathing,
or suddenly sicker.