



NEWS FROM THEDACARE™

FOR IMMEDIATE RELEASE:

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THEDACARE OFFERS CARE TIPS FOR THE FLU

Reminder: Stay Calm, Rest, Prevent the Spread of Germs

ThedaCare™ is offering concerned parents and patients some tips for dealing with the flu that is spreading in the Fox Valley area.

“Many people who get the flu will be sick for several days with fever and respiratory symptoms, but it is important to stay calm and follow recommendations for home care,” said Mark Hallett, MD, senior medical director of ThedaCare Physicians.

To learn more, people can visit ThedaCare’s new Web site - www.thedacarenow.org - which provides a one-stop community health resource for the flu. Information is updated frequently on the site, which includes signs and symptoms of the flu, updated vaccine information, guidelines about when to return to school or work, care tips and more.

Most otherwise healthy people will not need to be seen by their healthcare provider if they get the flu. The best approach is to treat flu symptoms and use the following recommendations for home care:

- Stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine) except to get medical care or for other necessities.
- Keep away from others as much as possible to avoid spreading illness.
- Drink clear fluids (water, broth, sports drinks, or electrolyte beverages for infants) to keep from becoming dehydrated.
- Dishes can be done in the dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by a sick person. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- To reduce the spread of germs, avoid touching your eyes, nose and mouth.

The following guidelines should be used for taking medications:

- If you are prescribed antiviral medication, take all of it as directed.
- Continue to cover your cough and wash your hands often, even when taking antiviral medications, to prevent spreading influenza to others.
- Call the office if you (or your child) experience any side effects such as nausea, vomiting, rash or unusual behavior.
- Take medications for symptom relief as needed for fever and pain such as acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®), and cough medicine. These medicines do not need to be taken regularly if your symptoms improve.

- More -

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- Do not give aspirin or products that contain aspirin to children or teenagers less than 18 years of age.
- Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.

It is important to seek emergency health care if your child experiences fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, being so irritable that the child does not want to be held or flu-like symptoms that improve but then return with fever and a worse cough.

Adults should seek emergency health care if they have difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting and flu-like symptoms that improve but then return with fever and a worse cough.

ThedaCare™ (www.thedacare.org) is a community-owned health system consisting of Appleton Medical Center, Theda Clark Medical Center, New London Family Medical Center, Riverside Medical Center in Waupaca, Ingenuity First, ThedaCare Physicians, and other health care services. ThedaCare is the largest employer in Northeast Wisconsin with 5,400 employees.

For more information, media may contact Megan Wilcox (megan.wilcox@thedacare.org), corporate and public relations specialist for ThedaCare, at (920) 830-5847, or pager (920) 554-0730.

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