

## **How to recuperate at home if you or your family become infected with the new influenza**

Influenza occasionally causes severe symptoms among elderly people, infants, pregnant women, and those who have underlying conditions such as respiratory diseases (including asthma) and chronic heart diseases. However, the majority of healthy people naturally recover from influenza in a week or so. While there is no need to become overly concerned should you get infected, it is important to fully recuperate at home while observing the following recommendations.

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### **During Recuperation Period**

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- Try to get as much rest as possible in your own room.
- Keep the room temperature at a comfortable level and be sure to ventilate the room frequently. Control the humidity with a humidifier (The suggested level is between 50-60 percent.)
- Wear a mask when you are in the same space with your family.
- To avoid transmitting infection to your family, observe rules of etiquette even at home (as in covering your nose and mouth when you cough or sneeze). This should be done even when there is no one else in the room.
- Wash your hands frequently, especially after coughing or sneezing.
- Discard used tissues in a covered container and dispose of them as burnable garbage.
- Drink plenty of water (or sports drinks).
- Remain at home for at least two days after the fever and other symptoms have gone.

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### **What Family Must Do**

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- Wash hands and gargle frequently to avoid secondary infection.
- If possible, limit the family members taking care of the patient to avoid the risk of spreading the infection within the family. (Both the patient and the caretaker must wear a mask when they are in the same room.)
- Do not share towels with the patient.
- If possible, the patient and other family members should eat their meals in separate rooms.

- Clean the toilet, doorknobs and other tools which are in common use with antiseptic products such as disinfectant wet tissue (Alcohol and bleaching agents such as hypochlorous acid are also effective.)
- It is not necessary to wash dishes and laundry separately. Wash them with normal detergents and dry them completely.
- Wash your hands after handling the patient's laundry.

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#### Notes on Medical Conditions

Elderly people, infants, pregnant women and those who have underlying conditions, such as respiratory diseases (including asthma) or chronic heart disease, are requested to pay attention to the medical conditions listed below.

- The following symptoms require special attention. If you present any of these, please consult the medical institution where you received your first examination.
  - \* Fever lasts for more than 4 days and recovery is not seen in your overall condition.
  - \* You have difficulty breathing or pain in your chest due to severe coughing or a large amount of sputum.
  - \* Dehydration is suspected. You cannot drink enough fluids and feel dizzy.
- If you have a relapse of coughing, sputum or fever after an interval of several days, consult the medical institution where you received your first examination.
- For young children, please pay attention to whether or not they present the following symptoms. If any of these are observed, consult the medical institution where he/she received the first examination.
  - \* Difficulty drinking enough fluid.
  - \* Difficulty breathing due to severe coughing or a large amount of sputum.
  - \* Bluish lips.
  - \* Frequent vomiting.
  - \* Symptoms that suggest dehydration, such as a significant decline in urine output (e.g. diapers aren't very wet).
  - \* Difficulty sleeping due to fever or coughing
  - \* Clouded consciousness (e.g. slow response when his/her name is called).