



SOUTHEASTERN UTAH DISTRICT HEALTH DEPARTMENT

28 South 100 East
Price, UT 84501
Emergency Preparedness
(435) 637-3671

Seasonal Flu Kit

What every household should have before seasonal flu season:

- Disposable tissues
- Liquid soap
- Paper towels
- Alcohol-gel hand cleaner with at least 60% alcohol
- Thermometer
- Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin)
- Fluids for replacement (juices, teas, soda, soup, Jell-O, see recipe below)
- Cleaner/disinfectant for surfaces (see recipe below)
- Masks – regular one for the sick person to wear, one with plastic eye shield for the caregiver if the sick person is a child and won't wear the mask
- Phone numbers to keep handy:

Physician _____

Pharmacy _____

Someone to care for children _____ # _____

9-1-1

Remember to get your regular prescriptions filled at least five days before they run out. You may not be able to get to the pharmacy.

Have a plan ready for care of your children if school is closed and you need to go to work.

Have a plan ready for the inevitability of either your spouse or children becoming sick so you can go to work.

OVER

Recipes to Help Keep You Well

Disinfectant for surfaces:

- 1 part bleach to 64 parts water (¼ cup bleach to 1 gallon water)

Electrolyte replacement recipe:

- 2 quarts water
- 1 teaspoon baking soda
- 1 teaspoon salt
- 7 tablespoons sugar

May add 1 packet sugar-free Kool-Aid for taste. Store in the refrigerator. Make homemade popsicles or ice cubes for variety.

How to wash your hands with soap and water

1. Wet your hands with running water (as hot as you can comfortably stand; around 100 degrees Fahrenheit or 38 degrees Celsius).
2. Vigorously rub hands together, making friction with all surfaces of your hands including fingernails, wrists and between fingers.
3. Keep rubbing and cleaning for at least 15 seconds – you can sing the ABC song or “Twinkle, Twinkle Little Star” because it takes about the same amount of time.
4. Rinse thoroughly with the same running hot water.
5. Dry your hands with single-use paper towel.
6. Use the paper towel to shut off the water and to open the door as you exit the bathroom.

How to wash your hands with at least 60% alcohol sanitizer

1. Apply nickel-sized amount of hand sanitizer to palm of hand
2. Vigorously rub hands together making friction with all surfaces of your hands including fingernails, wrists and between fingers.
3. Keep rubbing and cleaning for at least 15 seconds – you can sing the ABC song or “Twinkle, Twinkle Little Star” because it takes about the same amount of time.
4. It is important to keep rubbing until hands are dry – do not rinse or dry off the sanitizer.

Ideas for keeping a sick person hydrated

- Popsicles and Slurpees
- Chewing on a wet washcloth
- Sucking on ice cubes
- Juice, Kool-Aid, Sprite, flat Cola, ginger ale
- Pedialyte
- Jello
- Applesauce
- 1 teaspoon of fluid every 5 minutes
- Diluted broth – chicken, beef or vegetable

Signs of dehydration

- No saliva
- No tears when crying
- Loose and sagging skin
- “Tenting” – pinch top of arm or hand and see if skin “tents” or stays there
- Decreased or no urination; no wet diaper for 12 hours or no urine output for 12 hours