

To Your Good Health

from Reedsburg Area Medical Center



Health information for you and your family. Tape this inside your medicine cabinet or kitchen cabinet door for quick and easy reference.

Symptoms MAY Include:

Flu (seasonal & H1N1)	vs.	Colds
comes on quickly		comes on gradually
fever		fever unlikely (or mild)
dry cough		severe or hacking cough
sore throat		sore throat
vomiting, diarrhea &/or abdominal pain		stomach feels okay
body aches		body aches unlikely
chills		chills unlikely
stuffy/runny nose		stuffy/runny nose
severe exhaustion		mild exhaustion
headache		headache free

Tips for Treating the Flu

- Offer plenty of *fluids* (fever can lead to dehydration). If tired of drinking plain water, try broth, ice pops, icy drinks mixed in a blender, and soft fruits (like melons or grapes) to keep hydrated.
- Encourage *bed rest* with a supply of magazines, books, quiet music, and perhaps a favorite movie.
- Provide *acetaminophen* (Tylenol) or *ibuprofen* (Motrin, Advil) for aches and pains (aspirin should not be given unless your doctor directs you to do so).
- *Dress in layers*. When you or your child feels warm, you can peel a layer or two, and when you or he/she feels chilly, layers can be added easily.
- Another way to care for others is to *take care of yourself*. Wash your hands thoroughly and often, especially after picking up used tissues.
- *Antiviral medications* can sometimes lessen flu symptoms, but require a prescription. Ask your healthcare provider if you or your child would benefit from antiviral medications.

Seek URGENT Medical Attention

if sick person develops any of the following emergency warning signs:

- Difficulty breathing, fast breathing, shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Bluish skin color or bluish discoloration in lips
- Confusion or is less responsive than normal
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- Signs of dehydration (dizziness, lack of urination, etc)
- Has seizures (ex: uncontrolled convulsions)

Other Habits for Good Health

- *Avoid close contact* with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. People infected with the flu may be able to infect others from one day before feeling sick to seven days after.
- *Stay home when you are sick*. If you have the symptoms of flu, stay home from work, school or other places where people gather. CDC now recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8° C]), or signs of a fever without the use of fever-reducing medications.
- *Cover your mouth and nose* with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue isn't handy, DO THE ELBOW COUGH—teach kids (and yourself) to cough into elbows, not hands, where they are more likely to spread germs through touch.
- *Clean your hands*. Wash hands with soap and water or use an alcohol-based hand cleanser after covering your mouth for a cough or sneeze, after wiping or blowing your nose, and after handling contaminated objects and materials, including tissues.
- *Avoid touching your eyes, nose or mouth*. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Clean your hands before and after touching your face.
- *Don't share* food, utensils, drinking glasses or toothbrushes with others.

REEDSBURG AREA MEDICAL CENTER URGENT CARE HOURS:

Monday-Friday 3pm-9pm

Weekends 10am-6pm

Emergency Care 24 hours a day, every day

For more information:

- www.pandemic.wisconsin.gov/
- www.cdc.gov/h1n1flu/
- Call 211



2000 North Dewey Avenue, Reedsburg • 524-6487 • www.ramhealth.com

Alcohol Handrub Information

Why Use an Alcohol Handrub Instead of Soap & Water?

Alcohol handrubs provide a rapid kill of bacteria and viruses commonly called “germs.” Alcohol handrubs provide an effective alternative to antibacterial soaps, which kill germs over a period of time with repeated use. Alcohol handrubs are an alternative to plain soap and water which simply remove the germs. The goal of alcohol handrubs, antibacterial soaps and plain soap is to “degerm” or remove the germs from our hands.

What kind of Alcohol Handrubs Should I Use?

These products are most often available in a foam, gel or “jelly-like” form. For use with children, foam is recommended. Choose one with an alcohol content of 60% or greater, and that contains a moisturizer. The alcohol may be listed as ethyl alcohol or isopropyl alcohol, both are acceptable. Please always supervise the use of an alcohol handrub in young children.

Suggestions for when to use Alcohol Handrub

- After arriving at work and before going home.
- Before and after touching your face, eyes, nose, mouth, rash, sore—or opening in your skin.
- Before and after removing a bandage or dressing from a wound.
- Before and after touching a sick person.
- After touching any item used for or by a sick person.
- After sneezing, coughing, and blowing your nose.

How to Use Alcohol Handrub

1. Apply enough handrub (nickel or quarter size) to coat all surfaces of the hands rubbing the handrub all over your hands, fingers, nails, and wrists.
2. Rub briskly over all skin surfaces until dry—usually takes 15 seconds.
3. No rinsing needed! No water or towels required!

Remember

Let the handrub air dry on hands—**DO NOT WIPE IT OFF!!** Wiping off the handrub before it dries stops the degerming process (your hands will still be germy).

- Never touch your eyes until your hands are dry.
- Never place a moist alcohol-handrub hand near an open flame or cigarette.
- Wash your hands with soap and water whenever you “feel the need.” Alcohol handrubs can leave a sticky film on hands. Studies indicate people “feel the need” to wash their hands after 4-8 applications of an alcohol handrub.

When to use soap and water

- When your hands are visibly dirty or sticky. (DO NOT USE alcohol handrub on hands that are soiled, sticky or dirty!)
- After using the toilet.
- Before and after eating or handling food.
- To remove chemicals or disinfectants from your skin.
- Wash your hands using warm water and soap for at least 20 seconds (the time it takes to sing the “Happy Birthday” song twice).

Pain Reliever Dosing for Children

Acetaminophen Dosing Chart

Dosage Form →		80 mg/.08ml/ Dropper	160 mg/ Teaspoon	80 mg/ Tablet	160 mg/ Tab/Caplet
Weight	Age				
6-11 lbs	0-3 mos	½			
12-17 lbs	4-11 mos	1	½		
18-23 lbs	12-23 mos	1½	¾		
24-35 lbs	2-3 yrs	2	1	2	
36-47 lbs	4-5 yrs		1½	3	
48-59 lbs	6-8 yrs		2	4	2
60-71 lbs	9-10 yrs		2½	5	2½
72-95 lbs	11 yrs		3	6	3
96+ lbs	12+ yrs				4

Can repeat dose every 4 to 6 hours.
Do not exceed 5 doses in a 24-hour period.
As with all medication, read the label.

Ibuprofen Dosing Chart

		5 mg/kg Fever ≤ 102.5		10 mg/kg Fever ≥ 102.5	
Weight	Age	mg	tsp	mg	tsp
13-17 lbs	6-11 mos	25	¼	50	½
18-23 lbs	12-23 mos	50	½	100	1
24-35 lbs	2-3 yrs	75	¾	150	1½
36-47 lbs	4-5 yrs	100	1	200	2
48-59 lbs	6-8 yrs	125	1¼	250	2½
60-71 lbs	9-10 yrs	150	1½	300	3
72-95 lbs	11-12 yrs	200	2	400	3

Can repeat dose every 6 to 8 hours
Do not exceed 4 doses in a 24-hour period.
As with all medication, read the label.



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Going beyond the expected in healthcare.