



Home Care Series

A Training Guide for Sheltering
at Home



Sponsored by: Bureau of Preparedness and
Response

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How Ready Are You to Shelter at Home?



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Home Care Course Disclaimer

- This training is not a substitute for professional advice or recommendations for health care.
- For medical advice, diagnoses, and treatment, you should consult a doctor or other licensed medical professional.

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Unit 1 – Introduction and Overview

After completing this unit, you will be able to:

1. Explain why it is important to be prepared for a public health emergency.
2. Identify reasons why you and those you care for might have to shelter at home.
3. Describe types of public health emergencies that may occur.
4. Define a pandemic.

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Why should we be prepared for public health emergencies?

- Disasters do happen.
- You may have to “shelter at home.”
- Knowledge is power and reduces fear.

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Why might you need to shelter at home?

- Overwhelmed or damaged medical facilities
- No transportation
- Blocked or damaged roadways
- Health threats
 - Unsafe air
 - Contagious disease

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How will you know you need to shelter at home?

- Emergency radio and TV broadcasts
- Radio and TV news reports
- Sirens or horns
- Residential alerts
- NOAA weather radio alerts
- Automated phone alerts

Do you need to plan for a special alert system?

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Public Health Emergencies

- What is a public health emergency?
- What is a pandemic?
 - Rare disease that spreads quickly.
 - Affects many people over large area.
 - Can result in many deaths.
- What other emergencies should we be prepared for?
 - Natural disasters
 - Man-made disasters



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What Will the Training Cover? Overview of Units

- Unit 2 - Preparation and Planning
- Unit 3 - Prevention
- Unit 4 - General Care
- Unit 5- Managing Symptoms
- Unit 6 - Staying Informed

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Unit 2 – Preparation and Planning

Introduction



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Unit 2 – Preparation and Planning

After completing this unit, you will be able to:

1. Prepare a disaster plan.
2. List supplies to include in a disaster kit.
3. List supplies to include in a first aid kit.
4. Identify and locate important medical history documentation, including emergency numbers.
5. Identify special equipment needed or other special considerations.

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Disaster Preparedness Plan

- Create a disaster plan and a disaster supply kit.
- Include your children and other household members, as well as friends or caregivers in the process.
- Establish a support network.
- Review and practice the plan.



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Disaster Preparedness Plan

The plan should include:

- A meeting place in case you are separated.
- An out-of-town contact who family members can call for updates.
- A disaster kit, including special medicine, supplies, or equipment.

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Disaster Preparedness Plan Special Considerations

- Think about any special needs you or others in your household may have, including pets.
- Plan for evacuating, if recommended.
- People with special needs should register in advance for a Special Needs Shelter.

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Disaster Kit

- Water and nonperishable food items
- Tools and emergency supplies
- First aid supplies and medicine kit
- Entertainment items
- Important papers, contact info, emergency numbers
- Pet food

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First Aid Kit

- Being prepared makes a difference
- Store in zipped bag or secure box
- Check contents often
- Replenish and replace
- Plan ahead



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First Aid Kit (Cont.)

- Buy a first aid kit or make your own
- Include the basics:
 - Supplies
 - Cleansing agent
 - Ointments
 - Medication kit
 - Personal medical documentation
- Personalize for your or other's needs



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Your Medicine Kit

- What's in your medicine kit?
- How do you store medicine?
- When did you last clean it out?
- Do you have what you need for an emergency?

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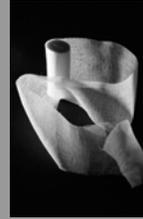
Medicine Kit Essentials

- Poison Control phone number
- Fever and pain relief
- Wound and injury care
- Bites, stings, and allergies
- Coughs and colds
- Preventatives
- Special needs
- Accompanies first aid kit in your disaster kit.

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Supplies

- Thermometer
- Plastic gloves
- Scissors and tweezers
- Cold pack
- Assorted bandages
- Safety pins



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Medications and Medical History

- Medical history record
- List of medications
- Supply of prescription medicines
- Insurance card

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Emergency Phone Numbers

- 911, local fire and police
- Poison Control Center 1-800-222-1222
- Family doctor
- Family contact and out-of-state family contact information
- CDC Public Response Hotline
 - 1-888-246-2675 – English
 - 1-888-246-2857 – Spanish
- Florida Emergency Information Line 1-800-342-3557



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Special Considerations

If you, or someone you care for, are dependent on medical equipment that uses electricity:

- Have back-up batteries or alternate power.
- Florida law requires utility companies to offer a "priority reconnection service".

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Special Considerations

Remember to include special medications in your disaster kit.

- Insulin
- Inhalers
- Heart and blood pressure
- Doctor-approved, nonprescription drugs, vitamins, and supplements.

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Special Considerations

Include in your disaster kit:

- Names and phone numbers of equipment companies
- List of equipment with serial numbers
- List of medical devices
- Remember special supplies and equipment
- Batteries for hearing aids or wheelchairs
- Oxygen and diabetic supplies
- Extra glasses or contact lens
- Denture supplies
- Sanitation supplies, such as child or adult diapers

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Special Considerations for Seniors

- If you are caring for someone who lives alone:
 - Have a back-up emergency plan
 - Register the person with community agencies
 - Have a back-up copy of the person's medical history, medications, and doctor's information.
- If you are living alone, the same steps apply.

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Special Considerations for Children

- Children with special needs
- Medical Power of Attorney
- Children's immunization records
- Activities for children

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Unit 2 Planning and Preparation

Summary

What did you learn about in this unit?

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Unit 3 – Prevention

Introduction



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Unit 3 – Prevention

After completing this unit, you will be able to:

1. Explain the importance of prevention.
2. Describe proper techniques for washing hands and reducing the spread of illness.
3. Describe healthy lifestyle habits.
4. Identify steps to keep the caregiver healthy.
5. Identify steps to prevent accidental injuries, with special considerations for children and/or older adults.

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Prevention is the Best Medicine

Taking preventative actions can:

- Prevent health problems.
- Manage current health problems.
- Reduce visits to the doctor.
- Slow the spread of disease.
- Lower the risk of accidents.
- Lower the risk of disease and disability.

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Hand Washing

The easiest and most important way to prevent spreading germs

- Use soap and clean water.
- Use warm water, if available.
- Wash for 20 seconds.
- Pat dry with disposable towel.
- Or use hand sanitizer.



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Prevent Colds and Flu

- Wash your hands often.
- Cough into a tissue or the inside of your elbow.
- Do not touch eyes, nose, or mouth.
- Get a flu shot.
- Teach and encourage those you care for to practice these prevention tips.

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Healthy Habits

- Eat nutritiously and drink plenty of water.
- Get enough rest and sleep.
- Exercise and stay active.
- Don't smoke.
- Clean and sanitize.
- Handle foods properly.
- Get vaccinated.



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Special Considerations for Seniors

Get Fit for Life: Exercise your body and mind

- Stay socially involved
- Prevent or delay disease.
- Improve your balance.
- Keep and improve strength to stay independent.
- Have more energy.
- Keep your mind alert.
- Improve your mood, reduce depression.
- Check with your doctor before starting any new exercise.

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Tips for Keeping the Caregiver Healthy

Take care of yourself so you can take care of others.

- Get vaccinated.
- Maintain a healthy lifestyle.
- Wash your hands often.
- Do not share personal items.
- Handle personal items carefully.
- Learn techniques for lifting and handling.

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Preventing Dehydration

- 2 quarts (8 cups) of water per day for adults
- 3-4 quarts (12-16 cups) of water per day when in a hot climate, pregnant, sick, and for children
- Do not ration.
- Do not wait until someone is thirsty and has symptoms.

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Preventing Injuries

- Keep your family safe.
- Leading cause of injuries are slips and falls, poisoning, fires, and burns.
- Check your home for hazards.
- Be careful storing medicines.
- Be careful storing cleaning products.

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Preventing Injuries from Fires/Burns

- Use anti-scald device.
- Turn down the hot water heater temperature.
- Don't leave the stove or space heaters unattended.
- Don't smoke in bed.
- Have smoke and carbon monoxide detectors.
- Have a fire extinguisher and know how to use it.

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Preventing Poisoning

- Read labels carefully and follow directions.
- Store cleaners in original containers and do not mix.
- Store drugs in original containers and do not mix.
- If poisoning occurs:
 - Call Poison Control Center: 1-800-555-1212
 - Do NOT induce vomiting or use Ipecac.

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Special Considerations for Children

Preventing Poisoning

- Use childproof lids.
- Lock away harmful materials.
- Keep personal care products out of reach.

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Special Considerations for Seniors

Preventing Injuries from Falls

- Have good lighting.
- Have night lights.
- Remove or secure throw rugs.
- Remove clutter.
- Keep wires out of the way.
- Use handrails on stairs.
- Use grab bars and non-slip mats in the bath.

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Special Considerations for Children

12 Safety Devices

1. Safety latches and locks
2. Safety gates
3. Door knob covers and door locks
4. Anti-scald devices
5. Smoke detectors
6. Window guards and safety netting

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Special Considerations for Children

12 Safety Devices

7. Corner and edge bumpers
8. Outlet covers and outlet plates
9. Carbon monoxide (CO) detector
10. Safety tassels and inner cord stops
11. Door stops and door holders
12. Cordless phone

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Unit 3 Prevention

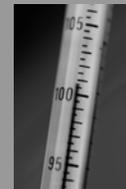
Summary

What did you learn about in this unit?

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Unit 4 – General Care Activities

Introduction



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Unit 4 – General Care

After completing this unit, you will be able to:

1. List steps for using medicines safely.
2. Identify different kinds of thermometers.
3. Identify special considerations for caring for:
 - Older adults.
 - Children.
 - People with disabilities.

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Medicine

- Take medicine as directed.
- Be familiar with the medicine for others in the household.
- Use over-the-counter drugs cautiously.
- Discard expired medicines.
- Never share your medicine with another person.
- Medicine errors are dangerous.

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Over-the-Counter Medicine

- OTC drugs
- Treat minor symptoms.
- Choose and use carefully.
- Read the label.
- Follow instructions.
- Ask your doctor or pharmacist.



www.fda.gov/medsinmyhome

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OTC Medicine Categories

- Fever reducers
- Pain relievers
- Antihistamines
- Decongestants
- Cough suppressants
- Expectorants

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Always
Read
the
Label!

Drug Facts	
Active ingredients (in each packet)	Purpose
Aluminum sulfate tetradecahydrate, xxx mg Astringent*	Astringent*
Calcium acetate monohydrate, xxx mg Astringent*	Astringent*
* When combined together in water, these ingredients form the active ingredient aluminum acetate. See Directions .	
Use	
• For temporary relief of minor skin irritations due to insect bites	
Warnings	
For external use only	
When using this product	
• avoid contact with eyes. If contact occurs, rinse thoroughly with water.	
• do not cover compress or wet dressing with plastic to prevent evaporation	
• in some skin conditions, soaking too long may overdry	
Stop use and ask a doctor if	
• condition worsens or symptoms last more than 7 days	
Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away	
Directions	
• dissolve 1 to 3 packets in a pint (16 oz) of cool or warm water	
• stir until fully dissolved, do not strain or filter. The resulting mixture contains 0.15% (1 packet), 0.30% (2 packets), or 0.45% (3 packets) aluminum acetate and is ready for use.	
For use as a soak:	
• soak affected area for 15 to 30 minutes as needed, or as directed by a doctor	
• repeat 3 times a day or as directed by a doctor	
• discard solution after each use	
For use as a compress or wet dressing:	
• soak a clean, soft cloth in the solution	
• apply cloth loosely to affected area for 15 to 30 minutes	
• repeat as needed or as directed by a doctor	
• discard solution after each use	
Inactive ingredients: XXXXXXXXXXXXXXXX	
Questions or comments? call toll free 1-800-XXX-XXXX	

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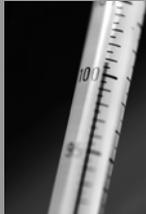
OTC Medicine Safety

- Use only when needed and helpful.
- Understand what the medicine does.
- Read label for warnings and usage.
- Follow directions.
- Do NOT use expired medicine.
- Ask about interactions.
- Ask about children's use and store out of children's reach.

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Taking a Temperature

- When is the best time?
- What should I use?
 - Plastic Strip
 - Glass
 - Digital
 - Tympanic (in ear)



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Taking a Temperature (Cont.)

- How do I use it?
 - Forehead
 - Oral
 - Underarm
 - Ear
 - Rectal
- What does it mean?
- Follow instructions - learn more

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Special Considerations

- Written special instructions
- Medicine, equipment, and supplies
- Medical instructions
- Diet restrictions
- Medication interactions
- Medication allergies
- Medication dosage

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Special Considerations (Cont.)

- U.S. Food and Drug Administration
- FL Agency for Persons with Disabilities
- FL Department of Elder Affairs
- FL Department of Health
- The Nemours Foundation's Center for Children's Health Media

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Special Considerations

- Older adults
- Children
- People with disabilities



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Special Considerations for Seniors

Nutrition and Hydration

- Maintain nutrition and fluids.
- Do not wait for symptoms.
- Do not wait until you are thirsty.
- Follow any medical restrictions.
- Learn what is right for you and what you can do.



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Special Considerations for Seniors

Medicine Safety

- Be informed.
- Communicate.
- Know your medicine.
- Use your medicine correctly.
- Store your medicine properly.
- Keep good records.
- Ask questions.

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Special Considerations for Seniors

Dealing with Stress and Fear

- Everyone has different ways of coping.
- Strong feelings are normal.
- Acknowledge your feelings.
- Focus on your strengths.
- Focus on what you CAN do.
- Stay active – maintain a routine.
- Talk with others.

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Special Considerations for Children

Introduction

- Infants: 0-1 year
- Toddlers: 1-3 years
- Preschoolers: 3-5 years
- School-aged children: 6-11 years
- Adolescents: 12-17 years
- Talking with children after a disaster

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Special Considerations for Children

Infants

- Nutrition
- Sleep and activity
- Immunizations



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Special Considerations for Children

Toddlers

- Nutrition
- Sleep and activity
- Temperament



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Special Considerations for Children

Preschoolers

- Nutrition
- Sleep and activity
- Fears



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Special Considerations for Children

School-Aged Children

- Nutrition
- Sleep and activity
- Fears



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Special Considerations for Children

Adolescents

- Nutrition
- Physical fitness
- Risky Behaviors



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Special Considerations for Children

Talking with Children after a Disaster

- Protection
- Time to reflect
- Take the event seriously
- Differences in reactions
- Recovery
- Support

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Special Considerations

Caring for Someone with Dementia

- Stay calm, patient, and supportive.
- Maintain routine.
- Limit exposure to news.
- Listen to music.
- Look at pictures.
- Provide comfort foods.

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Special Considerations

Caring for Someone with Mobility Problems

- Learn proper lifting techniques.
- Have proper equipment and assistive devices.

It is okay not to be perfect!

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Unit 4 General Care

Summary

What did you learn about in this unit?

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Unit 5 – Managing Symptoms



Introduction



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Unit 5 – Managing Symptoms

After completing this unit, you will be able to:

1. Determine when to seek the advice of a healthcare professional.
2. Identify the differences between cold and flu symptoms.
3. Describe ways to provide basic home care for common cold or flu symptoms.
4. Identify ways to manage symptoms common to other illnesses and conditions.
5. Identify ways to manage common illnesses and conditions of:
 - older adults.
 - children.
 - people with chronic illnesses.

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When to Call for Help

- Unconscious, losing consciousness, not waking up
- Trouble breathing
- Persistent abdominal or chest pain or pressure
- Other sudden, severe pain
- Coughing or vomiting blood or bloody diarrhea
- Uncontrolled bleeding
- Seizures, severe headache, slurred speech
- Poisoning
- Head, neck, or back injuries



Source: American Red Cross

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When to Call for Help (cont.)

- Suicidal feelings
- Sudden dizziness, weakness, fainting
- Change in mental status or vision
- Possibility of stroke

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Special Considerations for Seniors

When to Seek Medical Advice

- 103° or higher or lasts more than 3 days
- Unusual skin rash
- Chest pain
- Abdominal pain or pain urinating
- Unexplained signs or symptoms

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Special Considerations for Seniors

Act F.A.S.T

- **Face** Ask person to smile
- **Arms** Ask person to raise arms
- **Speech** Ask person to repeat a simple sentence
- **Time** Act fast, time is critical

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How Serious is It?

- Is it a minor or major symptom?
- What should I do?
- What should I NOT do?
- What if help is not available?

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Cold vs. Flu

Cold	Flu
• Mild	• Severe
• Runny nose	• Fever
• Stuffy and congested	• Body aches
• Loose cough	• Dry cough
• Sore throat	• Weak and tired
• Mild or no complications	• Serious complications

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Seasonal or Pandemic?

Seasonal Flu	Pandemic Flu
Outbreak predictable	Rare
Some immunity	No previous exposure
Complications more common for high risk	Healthy may also be at risk for complications
Fever, cough, aches	May be more severe
Modest society impact	Major society impact

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Managing Cold or Flu Symptoms

- Fever
- Sore Throat
- Cough
- Runny Nose or Congestion
- Dehydration



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Myth or Fact

- Feed a cold, starve a fever?
- Eat chicken soup?
- Drink tea with lemon?
- Get an antibiotic from the doctor?
- Use over-the-counter cold medicines?

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Fever

- Mild
 - 102° or lower and no other symptoms
- Major
 - Unexplained, sudden, rapid change
 - 100.5° or higher in baby under 3 months
 - 104° or higher for anyone
 - 101° or higher for more than three days
 - Seniors or others with chronic medical condition
 - Associated with other symptoms



Source Mayo Clinic Guide to Self Care - general guidelines only

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Fever – Other Symptoms

- Bulging soft spot on baby's head
- Severe headache or light sensitivity
- Severe swelling of throat
- Major stiff neck
- Frequent vomiting
- Difficult breathing
- Mental confusion

Source Mayo Clinic Guide to Self Care - *General guidelines only

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Managing Fever

98.6° – 99.6°	Normal Range
99.6 ° – 102 °	Self Care
102° – 104°	Caution
104° +	Seek Medical Help

Source Mayo Clinic Guide to Self Care - General guidelines only

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Special Considerations for Children

Managing Fever

- Use comfort measures.
- Use medications, such as Children's Tylenol or Advil.
- NO aspirin.
- Seizures – call pediatrician.
 - Place child on side.
 - Move away from harmful objects.
 - Call 911 if stiff neck, vomiting, or difficulty breathing.

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Sore Throat

- Mild
 - Sore or scratchy feeling
 - Mild fever
 - Hoarseness
- Major
 - High fever and chills
 - Pain when swallowing
 - Swollen glands
 - Exposure to strep throat
 - Associated with other symptoms



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Sore Throat – Other Symptoms

- Difficulty swallowing or breathing
- Stiff neck and severe headache
- Rash
- Fever 102° or higher longer than 2 days
- Hoarseness or mouth ulcers that last two weeks

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Managing Sore Throat

- Gargle with warm salt water.
- Suck on lozenge or hard candy.
- Drink extra fluids.
- Use an anesthetic spray.
- Take a non-prescription pain reliever.
- Use a humidifier.
- Don't smoke.

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Special Considerations for Children

Managing Sore Throat

- Call pediatrician if:
 - More than 1 week
 - Severe difficulty swallowing or breathing
 - Skin rash or pus in throat
 - Excessive drooling
 - Contact with someone with strep throat
- Rest and fluids
- Medications such as Children's Tylenol or Advil
- Antibiotics

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Cough

- Mild
 - Cough with a cold or flu that is eased with home remedies or OTC drugs
- Major
 - Last more than 2 weeks
 - Accompanied by high fever, shortness of breath, difficulty swallowing, wheezing, hives, face/neck swelling, or stiff neck
 - Coughing blood



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Managing Cough

- Drink extra fluids.
- Suck on lozenge or hard candy.
- Try warm tea with lemon.
- Remove irritants.
- Use a humidifier.
- Sleep with head elevated.
- Use a non-prescription expectorant or cough suppressant.

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Special Considerations for Children

Managing Cough

- Cough syrup and drops only for older kids
- Fluids, humidifier, steam
- Immunizations for pertussis (DTaP)
- Call pediatrician if:
 - Lasts more than 3 weeks
 - Wheezing or whooping sound
 - High fever
 - Difficulty breathing

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Nasal Problems

- Mild
 - Runny nose with a cold
 - Stuffy nose
 - Sinus pain
- Major
 - Congestion that lasts more than 2 weeks
 - Sinus pain the continues or returns, swelling around eyes
 - High fever, difficulty breathing



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Managing Nasal Problems

- Drink extra fluids.
- Gently blow nose.
- Use a cool-mist humidifier.
- Take shower or breathe in steam.
- Use warm face pack.
- Use saline nose sprays or drops.
- Use non-prescription pain relievers, decongestants, or anti-histamines.

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Dehydration

- Mild
 - Dry mouth or eyes
 - Lack of energy, weak, irritable
 - Headache or muscle cramping
 - Decreased urine output
- Major
 - Any of the above that continues or worsens
 - Dizziness, lightheadedness, rapid heart beat
 - Sunken eyes; skin does not snap back
 - Soft spot on baby's head
 - Lethargic, confused, comatose

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Managing Dehydration

- Don't wait until symptoms appear.
- Drink fluids – small amounts – often.
- Avoid alcohol and caffeine.
- Eat salty foods.
- Use electrolyte drinks.



96

Managing Other Symptoms

- Upset stomach
- Rashes
- Minor wounds and burns
- Allergies
- Poisoning
- Choking

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Upset Stomach

- Happens to everyone
- Be aware of more serious signs:
 - Blood in stool
 - Severe pain
 - Heartburn that does not go away
 - Unplanned weight loss
 - Continued vomiting or diarrhea
- Nausea, vomiting, diarrhea



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Nausea and Vomiting

- Mild
 - Queasy feeling
 - Throwing up
- Major
 - Suspect poisoning
 - Vomiting more than 24 hours
 - Become dehydrated
 - Explosive or forceful vomiting
 - Blood in vomit
 - Headache and stiff neck

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Managing Nausea and Vomiting

- Prevent dehydration.
- Sip clear fluids.
- Avoid solid food.
- Slowly return to normal diet.
- Avoid foods that irritate.
- Non-prescription medicines may help.



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Special Considerations for Children

Managing Nausea and Vomiting

- Infants
 - Continue breastfeeding or bottle feeding
 - No water
 - Ask pediatrician ahead of time
- Children
 - Clear liquids
 - Gradually introduce bland foods (BRAT)
 - Slowly resume regular diet after 24 hours

101

Diarrhea

- Mild
 - Loose, watery stools
 - Stomach cramps
 - Flu-like symptoms
- Major
 - Lasts more than 1 week
 - Dehydrated
 - Severe abdominal or rectal pain
 - Bloody stool
 - Fever higher than 101

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Managing Diarrhea

- Drink water and other clear fluids.
- Use electrolyte drinks.
- Add solid foods slowly.
- Avoid caffeine and nicotine.
- Avoid dairy, fatty, spicy foods.
- Non-prescription medicines may help.
- Practice good hygiene.



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Special Considerations for Children

Managing Diarrhea

- Infants
 - Continue breastfeeding or bottle feeding
- Children
 - Continue feeding and drinking
 - Oral rehydration
 - Gradually introduce bland foods – avoid fatty and spicy foods
 - Prevent other children from getting sick

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Constipation

- Hard, dry stools
- Seek medical attention if:
 - Sudden change in bowel movement
 - Sudden weight loss
 - Chronic – lasts more than 3 weeks
 - Alternates with diarrhea
 - Abdominal or rectal pain
 - Blood in stool

105

Managing Constipation

- Drink fluids.
- Avoid caffeine.
- Increase fiber.
- Limit low fiber foods.
- Exercise.
- Respect the urge.
- Be cautious with laxatives.

106

Rashes

- Mild
 - Itchy, redness
- Major
 - If rash is in eyes
 - If self-treatment does not help
 - Purple or bruised looking
 - Crusty, blistered, or draining
 - Accompanied by other warning signs



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Managing Rashes

- Avoid things you are allergic to.
- Avoid skin irritants.
- Keep area cool.
- Keep fingernails short and clean.
- OTC anti-histamines or anti-itch creams and lotions may help.

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Special Considerations for Children

Managing Rashes

- Try to find out what caused the rash.
- Diaper rash – keep area clean and dry.
- Other rashes – reduce itching.
- Keep skin clean and dry and wash hands frequently.
- OTC anti-itch cream – do NOT use on face or genital areas.

109

Wounds

- Mild
 - Everyday cuts and scraps
- Major
 - Bleeding does not stop
 - Deep and dirty puncture wound
 - Needs stitches
 - Signs of infection - redness, warmth, swelling, drainage

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Managing Minor Wounds

- Stop the bleeding.
- Clean the wound.
- Apply an antibiotic.
- Cover the wound.
- Change the dressing.
- Watch for infections.



111

Managing Larger Wounds

- Larger cuts
 - Apply pressure and raise the wound higher than the heart
- See doctor for severe wounds –
 - Animal or human bite
 - From lip to face
- Call 911 if:
 - A limb is almost or completely cut off
 - Blood is spurting out and you cannot control it
 - Bandages soaked in blood

112

Burns

- Mild
 - 1st degree
 - 2nd degree no larger than 3 inches
- Major
 - 2nd or 3rd degree
 - Large burn area
 - Electrical burn
 - Chemical burn to face, hands, feet, groin, buttocks, or major joint
 - Person is in shock

113

Managing Minor Burns

- Cool the burn.
- Consider a lotion.
- Apply a loose sterile gauze bandage.
- Take non-prescription pain relievers.
- Do NOT use ice.
- Do NOT break blisters.
- Watch for infection.

114

Managing Minor Chemical Burns

- Remove the chemical from skin.
- Remove contaminated clothes or jewelry.
- Wrap the burned area.
- Rewash if burning continues.



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Managing Major Burns

Until help arrives:

- Do NOT remove burned clothing.
- Check for breathing.
- Cover area of burn with cool, moist sterile bandage or clean cloth.
- Do NOT immerse in cold water.
- Treat for shock.

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Allergies

- Mild
 - Itchy skin
 - Mild rash, hives, or swelling
 - Sneezing, nasal congestion
 - Itchy, red, watery eyes
- Major
 - Reaction to a drug
 - Acute asthma, wheezing
 - Difficulty breathing, or swallowing
 - Shock, dizziness, fainting



117

Managing Allergies

- Avoid allergy triggers.
- Try a topical ointment or lotion.
- Try a non-prescription allergy medicine.
- Talk to your doctor.
- Keep a supply of emergency allergy medicine.
- If children, notify adults who care for them.
- Get immediate care if there is swelling of throat, lips, or tongue or a sudden and severe rash.

118

Poisoning

- Mild
 - Food poisoning less than 12 hours
 - Reaction to insect bite
- Major
 - Intense allergic reaction symptoms
 - Confused
 - Seizures
 - Trouble breathing
 - Unconscious



119

Managing Poisoning

- Call Poison Control Center or 911
- Do NOT follow product label advice
- Remove from contact with poison
- Do NOT induce vomiting
- Bring poison container to hospital
- Rinse the area 15-20 minutes

Best management is prevention!

120

Choking

- Mild
 - Coughing freely
 - Able to speak
- Major
 - Unable to speak, cough, or gasp air
 - Confused
 - Seizures
 - Trouble breathing
 - Unconscious or turns blue

121

Managing Choking

- Recognize the universal sign.
- Call 911.
- Learn CPR.

122

Special Considerations for Seniors

Accidental Injuries

- Think prevention first.
- Accidents do happen.
- When do you call 911?
- Learn what to do until help arrives.
- Learn to handle minor accidents, like cuts, wounds, burns, allergic reactions.

123

Heat-Related Illness

- Older Floridians are at special risk.
- Fainting may be first sign.
- Symptoms may include:
 - Painful cramps, nausea, sweating.
 - Rapid, weak heartbeat, low blood pressure.
 - Low fever, headache, fatigue.
 - Dark urine.
- Seek medical attention if:
 - Don't feel better in 30 minutes.
 - Temperature reaches 104° – call 911.

124

Managing Heat-Related Illness

- Think prevention first.
 - Dress appropriately.
 - Drink lots of fluids, limit activities.
 - Use blinds in day, open windows at night.
 - Try to find an air-conditioned place to go.
- If you need to treat:
 - Get to a cool place.
 - Lie down with legs elevated.
 - Loosen clothes.
 - Drink cool water.
 - Apply water to skin.

125

Special Considerations for Seniors

Depression

- Not a normal part of aging.
- Often undiagnosed
- Seek medical attention if:
 - Symptoms last longer than 2 weeks.
 - Feel empty, sad, anxious, guilty, helpless, worthless, hopeless, irritable.
 - Loss of interest in everyday activities.
 - Sleep problems; change in appetite.
 - Cry too much or too often.
 - Tired, weak, unexplained aches and pains.
 - Difficulty focusing, remembering.
 - Thoughts of suicide.

126

Special Considerations for Seniors

Managing Depression

- Think prevention first.
- Prepare for life changes and emergencies.
- Stay socially, physically, mentally active.
- Do not ignore warning signs.
- Accept the need for help.
- Talk with someone you trust.
- Get a medical check-up.
- Follow doctor's advice.

127

Special Considerations for Seniors

Changes in Mental Status

- Dementia and delirium are NOT a normal part of aging.
- Seek medical attention if:
 - Language problems.
 - Changes in personality.
 - Sudden confusion or disorientation.
 - Unable to do usual activities.
 - Disruptive, inappropriate behavior.
- Avoid frustrating situations.
- Learn about coping, behavior management, and caregiver support.

128

Special Considerations Chronic Health Problems

- Long lasting or recurrent
- Common in older adults
 - Diabetes
 - Digestive diseases
 - Heart disease
 - High blood pressure
 - Respiratory illness
- Think prevention first

129

Special Considerations Chronic Health Problems

- Learn how to care for your own health problems.
- Let others know about your needs and learn about theirs.
 - Symptoms
 - Routine treatments and medications
 - Special diets or equipment
 - Complications
 - Emergency treatment and medications
- Share your feelings.

130

Diabetes

- Affects how body uses glucose.
- Symptoms include:
 - Increased thirst and frequent urination.
 - Extreme hunger.
 - Unexplained weight loss.
 - Fatigue
 - Blurred vision.
 - Slow healing sores or frequent infections.
- Seek medical attention if:
 - Have symptoms.
 - Have been diagnosed and need follow-up.

131

Managing High Blood Sugar

- Type 2 diabetes is often preventable.
- Work with doctors – have regular physical, dental, and eye exams.
- Care for feet, teeth, and gums.
- Manage stress.
- Take medications, monitor blood sugar.
- Seek medical attention if:
 - Symptoms continue or worsen.
 - Blood sugar level remains high.

132

Managing Low Blood Sugar

- Symptoms of low blood sugar include:
 - Sweating, nausea, anxiety.
 - Shakiness, palpitations.
 - Hunger, headache.
 - Blurred or double vision.
 - Confusion, difficulty speaking.
- Treat immediately.
 - Get sugar to the body quickly
 - Monitor blood sugar level.

133

Acid Reflux - GERD

- Stomach acid flows into esophagus.
- Not just heartburn.
- Foods or medicines make it worse.
- Other conditions put you at risk.
- Seek medical advice if:
 - Heartburn occurs several times a week and/or keeps you up at night.
 - Symptoms continue with medication.
 - Have difficulty swallowing.
 - Regurgitation of blood or have black stools.
 - Symptoms cause weight loss.

134

Managing Acid Reflux - GERD

- Lifestyle changes are effective.
- Control weight and do not smoke.
- Avoid trigger foods.
- Eat small meals.
- Loosen your belt.
- Avoid bending for long periods.
- Do not lie down soon after eating.
- Sleep with head elevated.
- Find out about OTC medicines.

135

Heart Disease

- Disease that affects heart and blood vessels.
- Leading cause of death in the U.S.
- More at risk as you age.
- Serious complications.
- Many types – many symptoms.
- Seek medical attention if:
 - You are worried about symptoms.
 - Have a family history of heart disease.
- Easier, more effective treatment if found early.

136

Managing Heart Disease

- Change your lifestyle.
- Manage weight and blood pressure.
- Practice good hygiene.
- Get a flu shot.
- Have regular medical visits.
- Follow medical advice.
- Take medications as instructed.

137

Heart Attack First Aid

- Symptoms vary widely.
- If you think someone is having a heart attack:
 - Call 911.
 - Give the person an aspirin to swallow.
 - Use prescribed nitroglycerin.
 - Follow 911 instructions.
- Learn more with a first aid or CPR course.

138

High Blood Pressure

- Risk of life-threatening problems. You may not know you have it.
- Most often, it is controllable.
- Below 120/80 is "normal".
- 140/90 or higher is severe.
- Seek medical advice if:
 - Headaches, dizzy spells, nosebleeds
 - High even with medication.
 - Medication side effects.

139

Managing High Blood Pressure

- Change your lifestyle.
- Eat healthily and reduce sodium.
- Reduce stress.
- Have regular medical visits.
- Monitor blood pressure.
- Follow medical advice.
- Take medications as instructed.

140

Asthma

- Disease of the lungs
- Symptoms and severity differ:
 - Shortness of breath, coughing.
 - Chest tightens or pain.
 - Wheezing, whistling sound when exhaling.
 - Trouble sleeping.
- Seek medical attention if:
 - Have symptoms of asthma.
 - Have been diagnosed and need follow-up.
 - Attacks are more severe and frequent.
- Maintain a healthy lifestyle and learn about prevention and treatment.

141

Managing Asthma Complications

- Avoid asthma triggers.
- Recognize warning signs.
- Treat attacks early.
- Use medications as instructed.
- Learn how to use quick-relief medicines.
- Seek emergency treatment for rapid worsening or shortness of breath and prescribed medicines do not help.

142

COPD

- Bronchitis and emphysema
- Most often caused by smoking.
- Most likely to get colds/flu/pneumonia.
- Higher risk for other conditions.
- Seek medical attention if:
 - Smoker with persistent cough, increased mucus, shortness of breath, wheezing, chest tightness.
 - Have been diagnosed and need treatment.

143

Managing COPD Complications

- Think prevention first – stop smoking.
- Eat healthily, exercise.
- Get an annual flu shot.
- Avoid irritants.
- Follow medical advice – learn self-care.
- Seek emergency treatment if symptoms suddenly get worse.
- Let others know about your needs and learn about theirs.

144

Unit 5
Managing Symptoms

Summary

What did you learn about in this unit?

145

Unit 6 – Staying Informed

Introduction



146

Unit 6 – Staying Informed

After completing this unit, you will be able to:

1. Describe ways to stay informed during a public health emergency.
2. List community resources where you can get information and assistance.
3. List additional training opportunities that help you be better prepared.
4. List resources by telephone or internet to learn more about disaster planning for families.

147

Stay Informed

- Radio and TV
- Battery-powered radio
- Newspapers
- Websites
- Hotlines
 - CDC public response line
1-888-246-2675 – English
1-888-246-2857 – Spanish
 - Local hotline
 - Florida Emergency Information Line
1-800-343-3557



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Community Resources

- State and local county health departments
- Community or senior center
- Faith-based organization
- Humane Society
- Community/neighborhood

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Community Resources

- Children's Medical Services
- Aging resource center
- American Red Cross
- Emergency management office

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Communities and Neighborhoods

- Neighbors helping neighbors
- Neighborhood associations
- Neighborhood emergency plan
- Community Emergency Response Teams

151

Additional Training

- Examples of training
 - CPR and First Aid
 - Home care for children
 - Disaster preparedness
- Local training resources
 - American Red Cross
 - Seniors centers
 - Community agencies or organizations
 - Community college and vo-tech school

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For More Information Important Phone Numbers

- 211 – Community info and referral
- 511 – Statewide traffic info
- 711 – Telephone relay service
- FL Emergency Information Hotline
 - Local
 - Florida – 1-800-342-3557
- 1-800-96-ELDER (1-800-97-5337) – Department of Elder Affairs help line

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For More Information Websites

- www.aap.org
- www.cdc.gov
- www.drugdigest.org
- www.fema.gov
- www.floridadisaster.org



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For More Information Websites

- www.healthfinder.gov
- www.hhs.gov/flu
- www.pandemicflu.gov
- www.ready.gov
- www.seniors.gov
- www.youtube.com/floridasert

155

For More Information Websites

- www.familydoctor.org
- www.kidshealth.org
- www.mayoclinic.com

156

What Should I Do Next?

- Review what you have learned.
- Be prepared.
- Check your home.
- Check your supplies.
- Take more training.
- Tell others.

157

Unit 6 Staying Informed

Summary

What did you learn about in this unit?

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Home Care Course

Summary

What did you learn in this course?

159

Thank You

- For your participation
- For taking this first step to ensuring the health and safety of yourself and your community

Please complete the evaluation form.

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