



## Public Service Announcement

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### Caring for someone who is sick with flu

Most people who get sick with the flu can be cared for at home. If you are looking after a family member, here are some suggestions to protect yourself and others, and to help the recovery process.

Allow the sick person to rest, and stay home until feeling better.

Acetaminophen, such as Tylenol, or ibuprofen, such as Advil, may help reduce fever, chills, aches and pains.

Warm drinks such as chicken soup, or tea with honey and lemon, can be soothing. Simple, nutritious foods are best. Avoid smoking in the house.

Keep the sick person's towel and other personal items separate. Wash hands often and keep common surfaces clean and disinfected.

If you would like more information about influenza, or have a fever and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite or fatigue, **please call the HealthLine at 1-877-800-0002**. Translation services are available in Cree and Dene.