

*Ministering to the Community in a Time of Crisis*



## Caring for the Sick

[Outrunningthehorses.com](http://Outrunningthehorses.com)

# Outrunningthehorses.com

---

- These PowerPoint Presentations are written and provided to prepare the Body of Christ for disasters such as the current pandemic
- These trainings are meant to enable people to safely care for themselves and minister to their neighbors
- By being properly equipped we are then able to bring the gospel of our Lord, Jesus Christ into the situation
- For more information, please visit [outrunningthehorses.com](http://outrunningthehorses.com)

“For I was hungry,  
and you gave Me something to eat,  
I was thirsty,  
and you gave me something to drink;  
I was a stranger,  
and you invited Me in;  
naked, and you clothed Me;  
I was sick, and you visited Me...  
Truly I say to you,  
to the extent that you did it  
to one of these brothers of Mine,  
even the least of them,  
you did it to Me.”

Matthew 25:35-40

# Caring for the Sick

---

## ■ Introduction

- Studies have shown that even basic health care such as adequate water, food, and warmth can result in a much higher percentage rate of survival of a disease.
- During the 1918 Influenza, it was determined that many died simply because there was no one to look after the sick and provide them these basic essential needs.

# Caring for the Sick

---

## ■ Introduction

- The elements of caring for the sick may change dependent on the pathophysiology (the process of the disease) of the virus or disease.
- COVID-19 and seasonal influenza present with similar symptoms.
- This presentation will be based on caring for a person infected with either the circulating corona virus or seasonal influenza.

# Caring for the Sick

---

## ■ Disclaimer

- This presentation is not a substitute for professional medical help.
- The objective is to provide instructions to care for the sick in the event of a pandemic. It is not meant to take the place of actual medical advice from a healthcare professional.
- To reiterate, this is written for the sole purpose of providing care during a disaster or pandemic when the healthcare system is overwhelmed.

# Caring for the Sick

---

- Topics to be discussed:
  - How to protect yourself
  - Personal protective equipment
  - Signs and symptoms of COVID-19 and Influenza
  - Where to place the sick person
  - Treatment for fever
  - Treatment for cough
  - Treatment for nausea and vomiting

# Caring for the Sick

---

- Topics to be discussed continued:
  - Treatment for diarrhea
  - Treatment for dehydration
  - When to seek emergency care



# Caring for the Sick

## How to Protect Yourself

---

- Ways to avoid infection:
  - Avoid touching your face.
  - Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue away in a waste basket.
  - If a tissue is not available, cough or sneeze into the sleeve of your bent elbow.
  - Good hand hygiene – wash your hands often with soap and water, especially after you sneeze or cough.

# Caring for the Sick

## How to Protect Yourself

---

- Ways to avoid infection:
  - Use disposable paper towels for hand washing, or designate cloth towels to family members.
  - Use an alcohol-based hand rub if soap is not available.
  - Instruct others to use good sneeze and cough etiquette.
  - Avoid being close-up and face to face with someone who is sick – try to keep a six-foot distance between you and the patient.

# Caring for the Sick

## How to Protect Yourself

---

- Ways to avoid infection:
  - Place the chin of a small child on your shoulder in case they cough or sneeze.
  - Wear a facemask or respirator.
  - Place a facemask on the patient as well.
  - Contact your healthcare provider about taking antiviral medication for both the patient and yourself.

# Caring for the Sick

## How to Protect Yourself

---

- Ways to avoid infection:
  - If possible, avoid having someone with increased risks to be a caregiver, such as a pregnant woman, or a person with comorbidities.
  - If possible, have only one member in the household be the care giver.
  - Ensure good ventilation in common areas of the house, open windows in kitchen, living areas, and bathrooms.

# Caring for the Sick

## How to Protect Yourself

---

- Prescription Antiviral Medications
  - Prescription Antiviral medications do not cure influenza
  - They can however lessen flu symptoms
  - People who are at a higher risk to develop complications may benefit from antiviral medications.
  - Ask your healthcare provider whether you need this type medication.

# Caring for the Sick

## How to Protect Yourself

---

- Prescription Antiviral Medications
  - At the writing of this presentation there is no prescription antiviral medication that is effective for the circulation corona virus.
  - Ask your healthcare provider if you are dealing with the seasonal flu.

# Caring for the Sick

## How to Protect Yourself

---

### ■ Antibiotics

- Influenza infections can lead to or coincide with bacterial infections, such as bacterial pneumonia
- Therefore, some people will also need to take antibiotics.
- Check with your healthcare provider if you develop worsened symptoms.

# Caring for the Sick

## Personal Protection Equipment

---

### ■ Transmission of Viruses

- COVID-19 and influenza are spread mostly from person-to-person through droplets in coughs and sneezes of an infected person.
- You can acquire the diseases from:
  - Breathing in these airborne droplets.
  - Touching a contaminated surface then touching your eyes, nose, or mouth before washing your hands.



# Caring for the Sick

## Personal Protection Equipment

---

### ■ Transmission of Viruses

- These and other viruses can survive on surfaces such as counter tops, doorknobs, and telephones for hours (some studies show for days or weeks).

# Caring for the Sick

## Personal Protection Equipment

- Standard Precautions should be taken to protect yourself when caring for the sick
  - Clean, non-sterile gloves
  - Face mask
  - Goggles or face shield
  - Clean gown – a disposable gown is recommended, but a fabric gown can be washed in bleach

# Signs and Symptoms of Influenza and COVID-19

---

- Influenza and COVID-19
  - Both contagious respiratory illnesses
  - They are caused by different viruses
    - COVID-19 is caused by a new coronavirus (called SARS-CoV-2)
    - Influenza is caused by infection with influenza viruses

# Signs and Symptoms of Influenza and COVID-19

- Influenza and COVID-19 – Key Differences
  - COVID-19 seems to:
    - Spread more easily than influenza
    - Cause more serious illnesses in some people
    - Take longer before people show symptoms
    - Enable people to be contagious for a longer period

# Signs and Symptoms of Influenza and COVID-19

- Influenza and COVID-19 – Similarities
  - Some signs and symptoms are similar
  - May be hard to differentiate
  - Some people may present with mild cases
  - Others more severe
  - Not everyone will present with all the symptoms
  - Diagnosis can be determined by a test performed by a healthcare provider

# Signs and Symptoms of Influenza and COVID-19

- Influenza Signs and Symptoms
  - Fever or feeling feverish/chills
  - Cough, sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (tiredness)
  - Vomiting and diarrhea
    - More common in children than adults

# Signs and Symptoms of Influenza and COVID-19

---

- Influenza Signs and Symptoms
  - Incubation Period – (the time between the exposure to the pathogen and the appearance of symptoms) 2 days on average
  - May last up to 4 days in some cases

# Signs and Symptoms of Influenza and COVID-19

---

- Influenza Signs and Symptoms (continued)
  - Seek emergency medical attention for the following:
    - Difficulty breathing or shortness of breath
    - Persistent pain or pressure in the chest or abdomen
    - Persistent dizziness, confusion, inability to arouse
    - Seizures



# Signs and Symptoms of Influenza and COVID-19

- Influenza Signs and Symptoms (continued)
  - Seek emergency medical attention for the following:
    - Not urinating
    - Severe muscle pain
    - Severe weakness or unsteadiness
    - Fever or cough that improve but then return or worsen
    - Worsening of chronic medical conditions

# Signs and Symptoms of Influenza and COVID-19

---

- Some complications of influenza include:
  - Bacterial infections
  - Pneumonia
  - Ear or sinus infections
  - Dehydration
  - Worsening of existing medical conditions

# Signs and Symptoms of Influenza and COVID-19

---

- Contact your healthcare provider if patient:
  - Is an infant
  - Is elderly
  - Has a condition that requires special care
  - Has a pre-existing condition

# Signs and Symptoms of Influenza and COVID-19

- Some pre-existing conditions to be concerned:
  - Heart condition
    - Congestive heart failure (CHF)
  - COPD
    - Asthma
    - Emphysema
    - Chronic bronchitis
  - Diabetes
  - Pregnancy

# Signs and Symptoms of Influenza and COVID-19

## ■ COVID-19

- Incubation period is 2 to 14
- A person may be contagious 48 to 72 hours before starting to experience symptoms.
- People without symptoms may be more likely to spread the illness
  - They are unlikely to be isolating
  - May not adopt behaviors designed to prevent spread

# Signs and Symptoms of Influenza and COVID-19

- COVID-19 Signs and Symptoms
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell

# Signs and Symptoms of Influenza and COVID-19

---

- COVID-19 Signs and Symptoms (continued)
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

# Signs and Symptoms of Influenza and COVID-19

- Seek emergency medical care if patient is experiencing:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face



# Caring for the Sick

## Where to Place the Sick Person

---

- When caring for a sick person it is imperative to limit contact with those who are healthy
- In addition to practicing good hand hygiene and wearing PPE, the placement of the sick person will help control the spread of the disease.

# Caring for the Sick

## Where to Place the Sick Person

---

- Place the sick person in a room separate from others:
  - A spare bedroom with its own bathroom is preferable
  - Do not place the person in a room shared by others, especially common living areas.
  - The room should have good ventilation.
  - Keep the door closed.

# Caring for the Sick

## Where to Place the Sick Person

---

- Place the sick person in a room separate from others:
  - Limit visitors to just the caregiver.
  - Avoid close contact; keep a distance of six feet if possible.
  - The room and the bathroom should be cleaned daily

# Caring for the Sick

## Where to Place the Sick Person

- Avoid contact of the infected person with others
- If they must enter common areas they should:
  - Wear a face mask
  - Cover their mouth when coughing or sneezing
  - Practice good hand hygiene.
- The sick person should stay home and avoid contact with others for at least twenty-four hours after the fever is gone without use of any fever reducing medications

# Caring for the Sick

## Treatment for Fever

- The body's normal temperature is orally 98.6° F (37° C) or 99° F (37.2° C) rectally.
- These temperatures can vary as much as 1° F (0.6° C) throughout the day.
- Please keep in mind that these are average body temperatures
  - Someone's normal temperature may be above or below that of the average.
- The average person can tolerate fevers well

# Caring for the Sick

## Treatment for Fever

---

### ■ Fever

- The body's defense mechanism to fight bacteria or viruses that cannot live in higher temperature
- Is not considered significant unless it is above 100.4° F (38° C)
- Low grade temperatures, fevers should be left untreated
- However, a fever of 103° F (40° C) or higher requires treatment and medical advice,
  - Especially in children and infants

# Caring for the Sick

## Treatment for Fever

---

### ■ Fever

- A fever can last up to three to four days, come and go, and then gradually go away.
- Fever is part of the healing process.
- However, if other symptoms such as trouble breathing; stiff neck; lethargy; chest pain; delirium; or seizures occur; contact your healthcare provider immediately.

# Caring for the Sick

## Treatment for Fever

---

- Methods of treating a fever are:
  - Drink plenty of liquids – dehydration comes easily with fevers.
  - Take antipyretic and pain killing medications, **be sure to read the labels for dosing**



# Caring for the Sick

## Treatment for Fever

---

- Non-steroidal anti-inflammatory (NSAIDs) medication such Ibuprofen, (Advil, Motrin).
  - Adults - 200mg tablets take one to two tablets every four to six hours.
  - Children – 5mg/kg every six to eight hours (maximum 40 mg/kg/day).

# Caring for the Sick

## Treatment for Fever

---

- Acetaminophen (Tylenol)
  - Adults – 325mg-500mg tablets, take one to two tablets every four to six hours.
  - Children – 10-15 mg/kg every four to six hours (maximum 65mg/kg/day).
  - Follow label for dosing.
  - Large doses can cause liver damage.

# Caring for the Sick

## Treatment for Fever

---

### ■ Aspirin

- Do not give aspirin to children less than eighteen years of age as it can cause Reye's syndrome (a rare but serious disease affecting the liver and brain).
- Adults - 325mg-1000mg every four to six hours

# Caring for the Sick

## Treatment for Fever

---

- Do not give any medication to babies before consulting your pediatrician.
- Always refer to medication labels when administering to children or infants

# Caring for the Sick

## Treatment for Fever

---

- Make sure patient gets plenty of rest
- Keep room temperature at about 70° to 74°F.
- Keep cool, loose, comfortable clothes on patient to prevent trapping of body heat.
- Allow child to have a blanket but remove it when chills stop.
  - Shivering can raise the body temperature

# Caring for the Sick

## Treatment for Fever

---

- If fever is high:
  - Consider a lukewarm bath to help lower temperature.
  - Give antipyretic medications before the bath
  - If a bath is not an option, press damp wash cloths on the face, chest, back, wrists or legs.

# Caring for the Sick

## Treatment for Fever

---

- If fever is high:
  - Ensure patient doesn't get chilled
  - Be careful not to allow temperature change to happen too quickly
    - This can induce seizures.
  - Antibacterial medications may be needed as well as an antiviral medication to treat any condition that has developed such as bacterial pneumonia.

# Caring for the Sick

## Treatment for Fever

---

- When to Seek Medical Care
  - A child younger than 3 months with a 100.4°F (38°C) or higher fever
  - 3 to 24 months old with 102°F (38.9°C) or higher fever that lasts more than a day
  - Any child with fever who is listless, irritable, or vomiting repeatedly
  - An adult with a 103°F (39.4°C) or higher fever



# Caring for the Sick

## Treatment for Fever

---

- When to Seek Medical Care
  - A child younger than 3 months with a 100.4°F (38°C) or higher fever
  - 3 to 24 months old with 102°F (38.9°C) or higher fever that lasts more than a day
  - Any child with fever who is listless, irritable, or vomiting repeatedly
  - An adult with a 103°F (39.4°C) or higher fever

# Caring for the Sick

## Treatment for Cough

---

- A cough is our body's way of removing mucus from our lungs and throat
- Productive coughs are useful and should be encouraged to eliminate the mucus
- However, coughs can cause breathing problems and keep the patient from resting

# Caring for the Sick

## Treatment for Cough

---

- Some home remedies to soothe coughs include:
  - Use of a humidifier to:
    - add moisture
    - loosen secretions
    - prevent dry coughs
  - Cough drops to soothe an irritated throat

# Caring for the Sick

## Treatment for Cough

---

- Some home remedies to soothe coughs include:
  - Cough drops to soothe an irritated throat
  - Warm drinks with honey to soothe the throat (babies younger than 1 year old should not be given honey. Clostridium bacteria that cause infant botulism)
  - Drinking additional fluids to help thin mucus
  - Avoiding smoking and cigarette smoke

# Caring for the Sick

## Treatment for Cough

---

- Cough remedies include:
  - Decongestants
    - Relieve nasal congestion and dry up mucus in the lungs
    - Active ingredients: phenylephrine and pseudoephedrine
    - May increase blood pressure
    - Overuse can trigger a dry cough

# Caring for the Sick

## Treatment for Cough

---

- Cough remedies include:
  - Expectorants
    - Help thin mucus to aid in coughing it up more easily
    - Active ingredient: guaifenesin
    - Drinking more fluids will aid the guaifenesin to thin mucus

# Caring for the Sick

## Treatment for Cough

---

- Cough remedies include:
  - Suppressants
    - Use only if the patient's chest hurts and they are not getting rest, best to use only at night
    - Active ingredient: dextromethorphan
  - Do not give cough medicine to children under the age of four
    - Contact your pediatrician for advice on cough remedies

# Caring for the Sick

## Treatment for Cough

---

- Seek medical attention if you have these symptoms with your cough:
  - Shortness of breath
  - Coughing up blood, bloody mucus, or pink foamy mucus
  - Coughing up green, tan, or yellow mucus
  - Fever, chills, or chest pain when you breathe deeply



# Caring for the Sick

## Treatment for Cough

- Seek medical attention if you have a sore with any of these symptoms:
  - Lasts longer than a week
  - Severe pain
  - Trouble swallowing
  - Fever over 103 F in adults
  - Swollen glands
  - White patches on your throat or tonsils
  - Rash

# Caring for the Sick

## Treatment for Cough

---

- These signs and symptoms may indicate a bacterial infection that can be treated with antibiotics
- May also indicate other conditions that require other treatments

# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- Nausea is a sick feeling in the stomach that precedes vomiting
- Vomiting is the body forcibly expelling the contents of the stomach
- The causes of these can vary widely; however, this context is treating the complications of influenza and COVID-19

# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- Usually vomiting is harmless unless there are complications
  - If the following complications arise, contact your healthcare provider
    - Home treatment is not working, and dehydration is present.
    - Vomiting and diarrhea last more than twenty-four hours with signs of dehydration

# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- If the following complications arise, contact your healthcare provider
  - If an infant or child under six years show signs of dehydration, fever is present, and there is no urine output for six hours
  - There is blood in the vomit (frank blood or appearance of coffee grounds)
  - Lethargy, altered mental status
  - Severe abdominal pain

# Caring for the Sick

## Treatment for Nausea and Vomiting

- Some home treatments of nausea and vomiting include:
  - Drinking clear liquids
    - Water
    - Ginger ale
    - Fruit juices
  - Avoid milk and dairy products
  - Avoid solid foods until vomiting has passed

# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- Some home treatments of nausea and vomiting include:
  - Eat a BRAT Diet
    - Bananas
    - Rice
    - Apple sauce
    - Toast

# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- Some home treatments of nausea and vomiting include:
  - Eat small meals throughout the day; eat slowly
  - Crackers
  - Avoid hard to digest (meats) or fatty foods



# Caring for the Sick

## Treatment for Nausea and Vomiting

---

- Some home treatments of nausea and vomiting include:
  - Eat small meals throughout the day; eat slowly
  - Crackers
  - Avoid hard to digest (meats) or fatty foods

# Caring for the Sick

## Treatment for Nausea and Vomiting

- Over the counter remedies include:
  - Pepto-Bismol – coats inside of stomach and relieves feeling of nausea
  - Dramamine
  - Emetrol – relaxes stomach muscles and calms stomach activity (not for diabetics)
  - Kaopectate
  - Ginger
  - Peppermint oil

# Caring for the Sick

## Treatment for Diarrhea

---

- Diarrhea or loose bowel movement usually does not last long unless it is caused by an infection
- It is the body's way of expelling an infection
- Giving medications to stop the diarrhea may interfere with body's natural mechanisms.

# Caring for the Sick

## Treatment for Diarrhea

---

- If the diarrhea is severe, and dehydration develops, then treatment should take place
- If there is blood or mucus in the stools, dehydration that causes weakness or change in mental status, seek medical attention or dehydration.

# Caring for the Sick

## Treatment for Diarrhea

---

- Most viruses are found in feces
  - Can even be spread by touching the feces and not properly washing your hands
  - This can occur when changing a diaper or using the bathroom
  - Be sure to use good hand hygiene when helping someone with diarrhea
  - Ensure the patient practices good hygiene as well

# Caring for the Sick

## Treatment for Diarrhea

---

- In many cases of diarrhea, replacing fluids and salts lost is the only treatment needed.
  - May be done by oral rehydration solutions
  - If necessary intravenous fluids

# Caring for the Sick

## Treatment for Diarrhea

---

- Over the counter remedies for diarrhea include:
  - Kaopectate
  - Immodium
  - Pepto-Bismol
- Take only the amount recommended
- Do not use more than one anti-diarrheal remedy at the same time

# Caring for the Sick

## Treatment for Dehydration

---

- We lose water every day in our sweat, urine, and when we talk and exhale
- This is replaced daily with fluids
- However, if the amount of water lost outweighs what we take in – dehydration can occur
- Dehydration can lead to death



# Caring for the Sick

## Treatment for Dehydration

---

- Most causes of dehydration in adults are:
  - Fever
  - Heat exposure
  - Exercise
  - Vomiting and diarrhea
- The best way to treat dehydration is to avoid it

# Caring for the Sick

## Treatment for Dehydration

---

- Encourage the sick person to increase their intake of fluids
- Remember diabetics are more at risk for dehydration
- Avoid alcohol consumption and excess caffeine as these increases water loss

# Caring for the Sick

## Treatment for Dehydration

---

- Signs and symptoms of dehydration include:
  - Increased thirst
  - Dry mouth
  - Weakness/dizziness
  - Swollen tongue
  - Increased heart rate
  - Confusion

# Caring for the Sick

## Treatment for Dehydration

---

- Signs and symptoms of dehydration include:
  - Decreased urine output
  - Color of urine is a dark yellow or amber
  - Hypotension (low blood pressure)
  - Seizure

# Caring for the Sick

## Treatment for Dehydration

---

- Children are at greater risk in developing dehydration
  - In addition, they may not be able to communicate their symptoms
  - You must be aware of the signs

# Caring for the Sick

## Treatment for Dehydration

---

- In children signs of dehydration are:
  - Dry lips and mouth
  - Sunken eyes
  - Rapid breathing
  - Rapid pulse
  - Decreased urination (dry diapers)
  - Sunken fontanelles

# Caring for the Sick

## Treatment for Dehydration

---

- In children signs of dehydration are:
  - Increased irritation
  - Poor skin turgor (pinching the skin on the back of the hand, and it does not return to its original state)

# Caring for the Sick

## Treatment for Dehydration

---

- Encourage those who are dehydrated to take in more fluids
  - Try giving small sips at first
  - With a child consider using a syringe



# Caring for the Sick

## Treatment for Dehydration

---

- Although water is necessary it does not contain the salts and electrolytes that are essential to body function
- Some ways to increase fluids are:
  - Sipping small amounts of water
  - Pedialyte or other over the counter options
  - Popsicles, especially those made from fruit juices

# Caring for the Sick

## Treatment for Dehydration

---

- Some ways to increase fluids are:
  - Sucking on ice chips (may be useful for those who are nauseated)
  - Carbohydrate/electrolyte drinks such as Gatorade, PowerAde, and Pedialyte
  - Clear broths
  - Jello

# Caring for the Sick

## Oral Rehydration Solutions

---

- Oral rehydration solutions (ORS)
  - Way to replace fluids and nutrients lost through vomiting and diarrhea
  - Comes in several forms
    - A powder that can be mixed with water
    - Liquid form

# Caring for the Sick

## Oral Rehydration Solutions

---

- Some ORS include:

- Pedialyte

- Ricelyte

- Rehydralyte

- If you don't have access to these at your local grocery store you can mix up an ORS at home

# Caring for the Sick

## Oral Rehydration Solutions

- According to the World Health Organization (WHO) and UNICEF a basic ORS is composed of:
  - Salt
  - Sugar
  - Water
- Made using a standard ratio of ingredients

# Caring for the Sick

## Oral Rehydration Solutions

---

- The World Health Organization (WHO) and UNICEF jointly maintain guidelines for the manufacture of ORS preparations
- Commercial preparations are available as either pre-prepared fluids or packets of (ORS) ready for mixing with fluid

# Caring for the Sick

## Oral Rehydration Solutions

- A basic ORS is composed of:
  - Salt
  - Sugar
  - Water
- Made using a standard ratio of ingredients
  - 30 ml sugar/2.5 ml salt/1-liter fluid
  - 6 teaspoons sugar/0.5 teaspoon salt/1-quart fluid

# Caring for the Sick

## Oral Rehydration Solutions

---

- This ORS does not contain potassium. To add this essential element:
  - Add a cup of orange juice
  - Or have patient (if able) eat a banana
- If the patient is vomiting, try giving small amounts of the ORS often, such as one teaspoon every minute



# Caring for the Sick

## Oral Rehydration Solutions

---

- By monitoring urine output, you can determine success of rehydration efforts
- Medications may be used to prevent nausea, vomiting, and diarrhea
- Intravenous fluids may be necessary if the patient is not able to replace fluids

# Caring for the Sick

## When to Seek Emergency Care

---

- This presentation was made for the event of a pandemic
- It will be expected that the healthcare system may be overwhelmed, and non-emergent patients will not be as readily addressed as in normal setting
- Please be reminded this information is for a pandemic event, and is not meant to provide medical advice

# Caring for the Sick

## When to Seek Emergency Care

- Seek medical attention if the following signs or symptoms arise for the patient:
  - Chest pain
  - Difficulty breathing
  - Fast breathing
  - Bluish or gray discoloration of the lips or skin
  - Uncontrolled vomiting
  - Uncontrolled diarrhea

# Caring for the Sick

## When to Seek Emergency Care

- Seek medical attention if the following signs or symptoms arise for the patient:
  - Dehydration that results in:
    - Dizziness when standing
    - No urination
    - No tears in infants when crying
  - Seizures
  - Altered mental status, confusion, or, less responsive

# Caring for the Sick

---

## ■ Conclusion

- In caring for the sick it is important to know:
  - The signs and symptoms of the disease
  - Where to place the patient to avoid additional infections
  - How to treat the various symptoms
  - When to seek medical or emergency care

*Ministering to the Community in a Time of Crisis*

## Caring for the Sick



# Questions?

For more presentations like this  
or for more information  
please visit  
[outrunningthehorses.com](http://outrunningthehorses.com)

