



Pandemic & Outbreak — Pocket Guide

QUICK REFERENCE · UK EDITION 1.0

A condensed summary of the Pandemic & Outbreak Survival Master Guide. Keep it with your medical kit. Follow NHS and UKHSA advice first.

RULE 1

Act early

Stock masks, medicines and food, and cut close contact when cases reach the UK — not your street.

RULE 2

Clean air, good mask

Ventilate, and wear a seal-checked FFP2/FFP3 in shared indoor air.

RULE 3

Know the danger signs

Most recover at home. Spot the few who won't — early — and get help.

PROTECT THE HOUSEHOLD

LAYERS OF PROTECTION

- ★ Fewer contacts; outdoors not indoors; one shopper
- ★ Windows open a little; fully during and 10 min after visits
- ★ FFP2/FFP3 respirator, seal-checked every time
- ★ Soap and water 20 s (gel doesn't kill norovirus)
- ★ Clean entry: shoes, coat, mask off at door; wash hands
- ★ Shield the most vulnerable person
- ★ Ill? Sick room, one carer, door shut, window open

RESPIRATOR SEAL CHECK

- Clean hands; hold by the edges; top strap over crown, bottom strap round neck.
- Mould the nose clip with two hands.
- Cover the front, breathe out hard — no air out of the edges. Breathe in — mask pulls in.
- Must be on clean-shaven skin. Remove by the straps, from behind, then wash hands.
- Shortage: reuse up to ~5 times, stored in a paper bag; bin if wet, damaged or soiled.

THE SICK ROOM

- ★ Own room, door shut, window slightly open; own bathroom if possible
- ★ Patient wears a mask when the carer is in; carer wears FFP2/FFP3
- ★ Separate cup, plate, cutlery, towels
- ★ Lined, lidded bin; double-bag waste, keep 72 h

- ★ Thermometer, pulse oximeter, check chart, pen
- ★ Water jug, rehydration sachets, sick bowl, tissues
- ★ Gloves & apron for body fluids; hands washed after
- ★ Laundry: don't shake; 60°C (vomit or faeces separately)

DANGER SIGNS

999 — ADULTS

- Oxygen **92% or less** (retake once first)
- Can't finish short sentences; breathing 30+/min; suddenly worse
- Confused, slurred speech, very drowsy or agitated
- Blue, grey, pale or blotchy skin, lips, tongue (check palms on dark skin)
- Cold, sweaty, mottled; collapse; chest pain; coughing blood
- Rash that doesn't fade under a glass
- No urine all day; uncontrollable shivering

999 — BABIES & CHILDREN

- Grunting, ribs or tummy sucking in, very fast breathing, pauses
- Blue, grey, pale or blotchy; rash that doesn't fade; stiff neck; a fit
- Floppy, hard to wake, weak/high-pitched/continuous cry
- **Under 3 months 38°C+**; 3–6 months 39°C+; below 36°C
- No wee for 12 hours (under 5s); not feeding; repeated vomiting

111 / GP TODAY — ADULTS

- Oxygen 93–94% (retake within the hour)
- Breathless on standing; pain on breathing in
- Better then worse again; fever comes back
- Not drinking; dark urine; dizzy
- Higher-risk person getting worse; "something's wrong"

111 URGENTLY — CHILDREN

- Fever 5 days or more
- Not their usual self; nostrils flaring
- Breathing over 50/min (6–12 m), over 40/min (1 yr+)
- Dry mouth, no tears, fewer wet nappies
- Oxygen 95% or less; you are worried

Older people may have no fever (or a low temperature) and no cough — new confusion, falls or not eating can be the only sign. Oximeters can over-read on darker skin: watch the trend and how the person looks.

KEY NUMBERS

High temperature	38°C+	Bleach 1,000 ppm (surfaces)	~22 ml per litre (4.5% bleach)
Oxygen (adult)	95–100 normal · 93–94 111 · ≤92 999	Bleach 10,000 ppm (blood)	~220 ml per litre
Breathing (adult at rest)	12–20 normal · 30+ serious	Laundry, vomit/faeces	60°C
Flu antivirals	within 48 h of symptoms	Mental health crisis	111 · Samaritans 116 123
CO ₂ monitor	<800 good · >1,500 poor	Emergency (any network)	999 / 112

PARACETAMOL & IBUPROFEN — NHS DOSES

Age	Paracetamol (120 mg/5 ml to 5 yrs · 250 mg/5 ml from 6 yrs)	Ibuprofen (100 mg/5 ml)
Under 2 months	Don't give — get advice	Don't give
2–3 months	2.5 ml — if over 4 kg & born after 37 wks; max 2 doses then advice	Don't give under 3 months
3–5 months	2.5 ml	2.5 ml, up to 3×/day (over 5 kg; max 24 h without advice)
6–11 months	5 ml	2.5 ml, 3–4×/day
1–3 years	1 yr 5 ml · 2–3 yrs 7.5 ml	5 ml every 6–8 h (max 3/day)
4–5 years	10 ml	7.5 ml every 6–8 h (max 3/day)
6–7 years	5 ml (250 mg/5 ml)	6 yrs 7.5 ml · 7 yrs 10 ml (max 3/day)
8–9 years	7.5 ml (250 mg/5 ml)	10 ml every 6–8 h (max 3/day)
10–11 years	10 ml (250 mg/5 ml)	7.5 ml of 200 mg/5 ml every 6–8 h (max 3/day)
12–15 years	10–15 ml or one 500 mg tablet	1–2 × 200 mg tablets every 6–8 h (max 6/day), with food
Adults	1–2 × 500 mg, 4 h apart, max 8 in 24 h	1–2 × 200 mg, up to 3×/day, max 6 in 24 h , with food

Paracetamol: up to 4 doses in 24 h, at least 4 h apart. Children: give one or the other, not both at once; write every dose and time down. No ibuprofen if dehydrated, chickenpox, under 3 months/5 kg; check first with asthma, kidney, heart, ulcers. Pregnancy: paracetamol first; avoid ibuprofen. No aspirin under 16. Overdose: 111/A&E even if well. Check the strength on your bottle.

REHYDRATION

- Pharmacy sachets (Dioralyte etc.), made up exactly as the packet says.
- After each loose stool: under 2 yrs 50–100 ml · 2–10 yrs 100–200 ml · older: as much as wanted.
- Small sips often; if sick, wait 10 min, then slower. Keep breastfeeding.
- Last resort: 1 litre boiled, cooled water + 6 level tsp sugar + ½ level tsp salt.
- No loperamide under 12. Avoid fizzy drinks and juice.

OXIMETER & BREATHING

- Rest 5 min; warm hand; no nail varnish; hand on chest; finger still.
- At least 1 minute; record the highest steady number (not the pulse).
- Readings 3×/day when ill; know the person's normal.
- Sit up; avoid lying flat on the back; change position for comfort.
- Better then worse again = possible bacterial pneumonia → get help.

DELIBERATE RELEASE

- **Remove** yourself — away, upwind.
- **Remove** outer clothing — not over the head.
- **Remove** the substance — blot, then wash.
- Stay for the emergency services; don't go home or to a GP.
- Elsewhere: go in, stay in, tune in.

CPR

- Call 999 on speaker. Push centre of chest 5–6 cm, 100–120/min.
- Adults: compressions (cloth over mouth in a respiratory outbreak); 30:2 if trained.
- Children/babies: 5 breaths first, then 30:2. Get a defibrillator.

DAILY CHECK CHART — COPY THIS PAGE, ONE PER PATIENT

Name · date of birth · NHS no.

Conditions · allergies · regular medicines

Normal readings when well (temp · oxygen · pulse)

Date / time	Temp °C	Breaths /min	Pulse /min	Oxygen %	Drinks (ml)	Urine (times/colour)	Alert / confused / drowsy	Medicine & time
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Check at least every 4–6 hours, more often if worried. Count breaths for a full minute at rest. Patterns matter: rising breathing rate, falling oxygen, less urine or more drowsiness are early warnings — compare with the danger signs and act. Take this chart with you if you need help.