

Preventing the Flu

Tips to Prevent the Spread of Disease in Your Home

Checklist

Practice good hygiene habits

- Avoid touching your eyes, nose and mouth.
- Cover coughs and sneezes with a tissue.
- Wash hands often, using soap and warm water for 20 seconds. (When soap and water are not available, use hand sanitizer).



Practice good housekeeping habits

- Open windows to let fresh air into shared areas.
- Keep surfaces clean by wiping them down with a household disinfectant.
- Use a dishwasher or hot water and detergent to clean eating utensils.
- Avoid “hugging” dirty laundry when handling it to prevent getting sick.



Separate people who are sick

- Avoid close contact with people who are sick. (Stay 3 feet away from them if you can).
- People who are sick should sleep and eat meals in a separate room, if possible.
- Create physical barriers between beds using sheets or curtains.
- Arrange beds so that people lay head-to-toe relative to each other.



Manage symptoms at home

- People who are sick should stay home until 24 hours after their fever ends.
- Drink clear fluids like water, broth, sports drinks to keep from being dehydrated.
- Do **not** give aspirin or products that contain aspirin to children or teenagers 18 years old or younger.
- Children younger than 4 years old should **not** be given over the counter cold medications without speaking to a health care provider.



People who are sick should seek emergency medical care if they have:

- Fast breathing or trouble breathing
- Chest pain
- Trouble keeping liquids down
- Confusion
- Sudden dizziness
- Bluish or gray skin color