- This leaflet describes ways to help control the spread of influenza (flu) within your homes and keep yourself and those around you as healthy as possible.
- DON'T ENTER THE ROOM of a sick person (especially when she/he has a fever) unless it is necessary.
- **AVOID GETTING TOO CLOSE** to a sick person. If it is necessary to enter the home, keep at least three feet away from them.
- SEPARATE A SICK PERSON from others in the home.
- HAVE ONLY ONE PERSON PROVIDE CARE FOR A SICK PERSON
- KNOW THE SYMPTOMS OF FLU so that you can avoid contracting them from people who have them.
- **GET FLU VACCINE** (a shot or nasal spray as recommended by your healthcare provider).
- KEEP HANDS CLEAN by washing with soap and water and by using alcohol based hand rubs. This is especially important for sick people to do.
- COVER COUGHS AND SNEEZES by using clean tissues. Coughing
  or sneezing into your sleeve is OK when you don't have a tissue
  or handkerchief.
- **DISPOSE OF USED TISSUES** immediately into a trash or waste can. Always clean hands after using a tissue.
- KEEP SURFACES CLEAN by using household
- CLEANERS. Make sure to clean shared surfaces often such as faucets, light switches, and handles on doors and cabinets.
- HAVE THE SICK PERSON STAY HOME and avoid leaving unless seeking medical care. A sick person is most likely to spread flu when she or he has a fever or during the first 5 days of getting sick.
- KNOW WHEN TO SEEK MEDICAL CARE for a person who is sick.
- WASH ALL EATING UTENSILS AND DRINKING GLASSES WELL.
   There is no need No need to separate a sick person's utensils or drinking glasses or do any special washing or sterilizing.
- CHANGE BEDDING AND TOWELS. Clean hands after touching soiled laundry. There is no need to clean a sick person's laun-

dry separately.

- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH; as germs often spread this way.
- WEAR A MASK over your nose and mouth if you are caring to a sick person.
- CLEAN HANDS BEFORE AND AFTER CARING FOR A SICK PERSON.



### **Symptoms of Flu**

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting, and diarrhea (more common in children than adults)

### Ways to reduce flu symptoms?

Rest



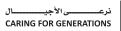
## **Everything you need to know about**

# **About helping to Control** the Spread of Flu

**For Appointment** 

Please call **1826666** 



















- Stay home
- · Take medication as prescribed by doctor

#### Seek Medical Care if the Person:

- Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- Has the fever for more than 3 to 5 days
- Feels better, then gets a fever again

### Call a health care provider or emergency medical

### care immediately if the person:

- · Is short of breath or wheezing
- · Coughs up blood
- · Has chest pain when breathing
- Has heart disease (like angina or congestive heart failure) and chest pain
- Is unable to walk or sit up, or function normally which is more common in the elderly

