

- 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



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Everything you need to know about

## About helping to Control the Spread of Flu

**For Appointment**

Please call 1826666



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- Drink fluids
- 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

