

PREVENTION...HELP AVOID GETTING THE FLU

Everyday actions can help prevent the spread of germs that cause respiratory illnesses like flu.

- **Follow advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Be prepared** in case you get sick and need to stay home for several days. Purchase a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items you might need to avoid trips out in public while you are sick and contagious. Be sure you have a thermometer and know how to use it.
- **Practice good health habits** - eat a healthy diet, get enough rest, and participate in regular exercise can help your body's immune system.
- **Stay Informed** - Knowing the facts is important. Because this is a new strain of influenza, recommendations may change as we learn more about how it operates. Identify sources you can count on for up to date, reliable information.

TO AVOID SPREADING H1N1 FLU

- **STAY HOME** - Avoid going to school, work or public places until you are afebrile (fever-free) for at least 24 hours without the use of fever-reducing medicines.
- **WEAR A FACEMASK** - If you are sharing a common space with other household members who are at risk of complications or if you must go out, you may consider wearing a facemask to help prevent spreading the virus to others.
- **HANDWASHING** - Have everyone in the household wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **REDUCE CONTAMINATION** - Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but these items should not be shared without washing thoroughly.
 - Linens should be washed using household laundry soap and tumbled dry on a hot setting. Wash hands with soap and water or alcohol based hand rub immediately after handling dirty laundry.
 - Eating utensils should be washed either in a dishwasher or by hand with water and soap.
 - Keep surfaces (especially bedside tables, bathroom surfaces, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.