

CDC Guidelines for Reducing the Spread of Flu in the Home

Listed below are some simple steps you can take to help protect yourself and prevent others from getting the flu.

How to stop the flu at home

If someone at your house has the flu:

- They should:
 - Stay away from other people.
 - Cover their coughs and wash their hands, or use a hand sanitizer.
- Everyone should clean their hands often with soap and water or a hand sanitizer.
- Ask your doctor if other people at home should take special medicine to prevent the flu.

If you have the flu, you should:

- Stay in a room with the door closed.
- Stay home if you have a fever, except for going to the doctor.
- If you have to go out, cover your nose and mouth when coughing or sneezing and wear a loose-fitting mask.
- Wear a mask when you are in a room with other people.
- Try to use a separate bathroom. The bathroom should be cleaned every day.

To keep other people from getting the flu:

- No one should visit unless they are the caregiver.
- Only one adult should be the caregiver.
- A woman who is expecting a baby should not be the caregiver.
- Everyone at home should clean their hands with soap and water or a hand sanitizer often.
- Use paper towels to dry your hands after washing.
- Keep open windows in areas like the bathrooms and kitchen.
- Ask your doctor if anyone at home should take medicine to help prevent the flu.

Caregivers should:

- Avoid getting close to the sick person's face.
- Clean your hands with soap and water or a

hand sanitizer after you touch the sick person or their used tissues or laundry.

- Wear a mask when you leave home, even if you aren't feeling sick.
- Talk to your doctor about taking medicine to prevent you from getting the flu.
- Watch yourself and others for flu symptoms. If you start to feel sick, call a doctor.

If you must be around someone with the flu:

- Try to stay at least six feet away.
- If you must get closer, try to wear a facemask.
- N95 respirators can also be helpful. N95 respirators are disposable devices that cover the mouth and nose. They help filter out and protect you from microorganisms, body fluids, and small particles in the air.
 - For more information on facemasks and respirators go to www.cdc.gov/swineflu.

Cleaning, laundry, and waste disposal at home

- Throw away tissues and other disposable items used by the sick person in the trash and wash your hands afterwards.
- Clean surfaces like tables, bathroom counters and fixtures, and toys by wiping them with a household disinfectant according to directions.
- Linens, eating utensils, and dishes used by the sick person don't need to be cleaned separately. Be sure to wash them completely before they are used by anyone else.
- Wash sheets and towels used by the sick person with laundry soap and tumble dry on "hot." Before washing, don't "hug" the laundry, to prevent exposing yourself to germs. Right after handling dirty laundry, clean your hands with soap and water or a hand sanitizer.
- Eating utensils used by the sick person should be washed in a dishwasher or by hand with water and soap.

For more information about the flu (including the swine flu), visit these web sites:

Centers for Disease Control and Prevention (CDC) www.cdc.gov

California Department of Public Health www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx

Alameda County Department of Public Health at www.acphd.org



Washington Hospital Healthcare System

Investing in the health of the community.

www.whhs.com

Source: CDC web site