



## Lessen the Spread of Flu in the Home

## FACT SHEET

Seasonal and Novel H1N1 (swine) flu viruses spread:

- from person to person through coughing or sneezing of a sick person; or
- when a person touches something that is contaminated with the virus and then touches his/her eyes, nose or mouth.

When someone in your home has flu symptoms, take actions (below) to help prevent the spread of flu to others in the home.

### **Everyone in the home should take actions to prevent or control the spread of flu.**

- Wash hands often with soap and warm water for 20 seconds --- especially after coughing/sneezing or after providing care for a person who is sick. Help children to wash their hands. Use an alcohol-based hand rub when unable to wash hands. Do not touch your eyes, nose, and mouth.
- If sick, stay home from work, school and errands until fever free without medicine for 24 hours. Keep sick children home. (Warning! Do not give aspirin to a sick child or teenager because this can cause a rare but serious illness called Reye's syndrome.)
- Cover mouth and nose with a tissue, elbow or upper arm when coughing or sneezing.
- Avoid close contact with person(s) who are sick.
  - Keep a distance of at least 6 feet.
  - Wear a surgical mask when you must have closer contact with the sick person, such as caring for a sick child.

### **Keep sick person away from others as much as possible.**

- Keep sick person(s) in a separate room away from common areas, when possible.
- Discourage or limit visits from family, friends and other visitors.
- Have sick person(s) wear a surgical mask, if able, and one is available when needing to leave the home to, for example, seek medical care.

### **Clean household items and dispose of waste properly.**

- Keep surfaces clean by wiping down with a household disinfectant using directions on product label.
- Throw away all tissues and other disposable items used by the person who is sick in the trash.
- Do not share personal items, such as towels, drinking containers and eating utensils.
- Wash linens (towels, bed sheets), eating utensils, and dishes with the hottest temperature possible.

While caring for a sick family member, if s/he becomes ill and experiences any warning signs like difficulty breathing, go to the hospital right away. For more information about signs and symptoms, see the CCDPH Fact Sheet: Monitor Yourself and Your Family for Flu.