

# POSSIBLE H1N1 INFLUENZA (FLU) VIRUS

## What To Do If You or Your Family Are Sick

### Care

- Stay at home. If you or one of your family is sick, stay away from those who are not sick.
- Drink plenty of fluids (juice, water, Pedialyte®)
- Keep plenty of tissues close to the sick person
- Have a garbage bag in reach to throw out the tissues after each use.
- Keep the sick person comfortable. Rest is very important.
- For fever, sore throat, and muscle aches, use fever-reducing drugs. Do not use products with aspirin for children or teenagers - it can cause Reye's syndrome, a life threatening illness.



### Prepare

- Have enough supplies to last your family one week. This includes fluids like juice, soup, bottled water; and other basic household items
- Keep your medicine cabinet stocked with fever-reducing drugs and anything else to ease symptoms or was recommended by your health care provider.
- Arrange for someone to check on your family regularly when you are ill. Write down their name and number. Discuss with them how often they need to check on you.

### Protect

- Keep sick family members away from those who are not sick
- Wash hands often with warm water and soap. Use hand gels (60-90% alcohol base) if soap and water is not nearby.
- Sneeze and cough into your sleeve, not your hand.
- Clean common surfaces (phones, countertops, etc.) often with disinfectant

### See your Healthcare Professional if:

- Breathing is difficult or painful while resting
- You are coughing up thick sputum, sputum that is not clear, or have bloody sputum
- You are wheezing
- You have a fever for more than three days and are not feeling better
- You started to feel better, then suddenly develop a high fever and feel ill again

## How long do I need to stay home?

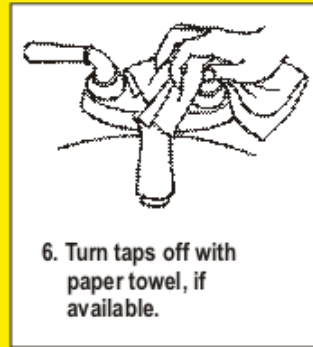
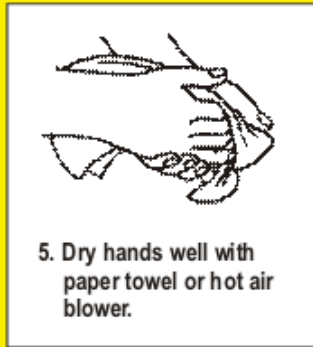
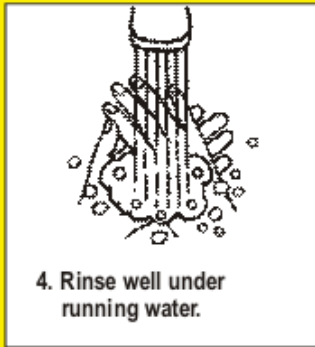
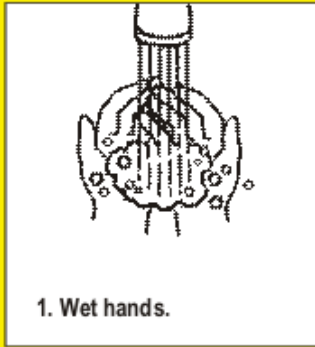
**Healthcare Workers:** Remain off work for seven days from onset of symptoms and until you no longer have fever and are feeling better

**All Other Workers:** Stay off work until you no longer have a fever and are feeling much better.

**School Children:** Keep home from school until they no longer have a fever and are feeling much better.

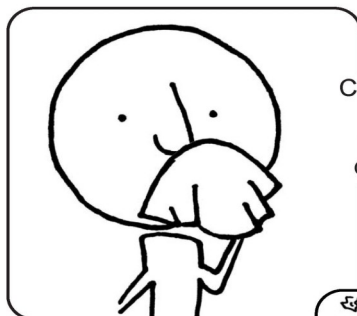
**\*\*Note:** It is not unusual to have a cough for several weeks after having the flu. If you continue to have the cough with no other symptoms, it is okay to return to work.

# Hand Washing



**Stop the spread of germs that make you and others sick!**

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.

