

Cough and Sneeze Etiquette

- ◆ Try to stay at least 3 feet away from other people
- ◆ Cover your mouth and nose with a tissue, then throw the tissue away
- ◆ Use your upper sleeve, not your hand
- ◆ Always wash your hands as soon as you cough or sneeze.



Hand Hygiene

- ◆ Wet hands with warm water
- ◆ Lather both hands with soap
- ◆ Scrub hands together for 20 seconds or approximately the time it takes to sing happy birthday twice. Scrub wrists, palms, between fingers, under nails, and backs of hands
- ◆ Rinse hands thoroughly. Use towel to shut off faucet
- ◆ Dry hands completely with a clean towel
- ◆ Alcohol based hand sanitizer can substitute for soap and water. Rub gel or wipe over both hands. Rub hands together until they feel dry.



*Southeast District
Health Department
2511 Schneider Ave
Auburn, Ne 68305
402-274-3993
Toll free: 877-777-0424
sedhd.org*

HOME CARE FOR PANDEMIC FLU



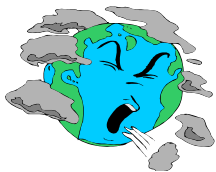
A Pandemic is a disease that spreads all over the world and affects a large number of people.

Caring for persons in your household who are ill may become necessary.

Infection can be passed before a sick person has signs or symptoms

A person can have the flu and symptoms may not show up for a day or so. He or she can still pass the virus to others. Avoid these invisible germs.

- ◆ Try to stay at least 3 feet from a person who is coughing or sneezing
- ◆ Don't touch your eyes, nose or mouth
- ◆ Wash your hands often or use alcohol based hand sanitizer



Flu germs spread mainly through coughs and sneezes

These can spray droplets through the air and

- ◆ Into the mouths or noses of people nearby
- ◆ Onto surfaces that people touch before touching their nose, mouth or eyes
- ◆ People with the flu can also leave the flu virus on things they touch if they have flu germs on their hands

Home Care During Pandemic Flu

- ◆ Stay home from work, school, or other outings
- ◆ As much as possible, distance ill persons from healthy family members
- ◆ Spend most of the time resting
- ◆ Drink plenty of fluids
- ◆ Contact your health care professional if the person is not urinating in good amounts, urine is concentrated, or if they develop diarrhea
- ◆ Check their temperature every 4 hours during the day and when awake
- ◆ Give medications* to relieve symptoms as prescribed by your health care provider (antivirals, ibuprofen, or acetaminophen). Antibiotics don't cure the flu.

***NEVER** give aspirin or salicylates to anyone under age 20 unless directed by a physician

- ◆ A cool vaporizer may relieve symptoms of congestion and fever
- ◆ Avoid alcohol and tobacco
- ◆ Persons with chronic disease should be monitored closely by a health care professional
- ◆ Every home should have a thermometer, disposable gloves, and over the counter medications on hand. Consider purchasing a cool mist vaporizer and protective masks also.

Preventing the Spread of Flu in the Home

- ◆ Keep everyone's personal items separate. Avoid sharing clothing, towels, sheets, blankets, food or eating utensils.
- ◆ Disinfect door knobs and handles, light switches, toys, computers, pens, and books
- ◆ Wear disposable gloves when in contact with or cleaning up body fluids
- ◆ If possible, one person should be the designated care giver
- ◆ Use detergent and hot water to wash clothes and bedding. Wash your hands after handling laundry.
- ◆ Dishes may be washed in the dishwasher on sanitary setting. If you are washing dishes by hand, use hot water and disinfecting solution.*

*Disinfecting solution:

1 gallon water, 3/4 cup household bleach. Mix a fresh batch every day. Use on hard surfaces or to rinse dishes.