

# Are you prepared?

## PREVENT THE SPREAD OF DISEASE AT HOME

If you or a household member become ill during an influenza pandemic, and are being cared for at home, follow these instructions to control the spread of disease in the home. Isolate the ill person **WITHIN** your home.

- The person who is ill should not leave the house unless he or she is being taken to a medical appointment. The sick person will have to stay home for two weeks after their symptoms begin, even if he or she is feeling better. Do not have visitors while the person is sick.
- Designate a room(s) only for the sick person(s) so they are separated from other household members.
- The room(s) should have a door that can be closed.
- The sick person should wear a protective mask when anyone is in the same room or car. People in the same room or car also should wear a protective mask. Disposable gloves should be used when cleaning or disinfecting any room or area where the sick person has been. Wash hands with soap and water for 20 seconds, or as long as it takes to sing "Happy Birthday" twice, or use alcohol-based rubs if soap and water are not available.
- Everyone in the household—and it is important to remind children—should wash their hands correctly with soap and water between contacts with others, before preparing food, and before eating.
- Wash hands correctly after touching tissues or surfaces soiled with saliva or mucus. Keep the household environment clean.
- On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, telephones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches, and toys. Use a labeled household disinfectant or chlorine bleach mixture.
- Chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with one gallon of cool water.
- Sneeze or cough into sleeves or cover nose and mouth with a tissue when sneezing or coughing. Put used tissues in a wastebasket immediately, and then correctly wash hands with soap and water or use an alcohol-based rub. Remind children and others to do the same.
- Even when a person is wearing a mask he or she should cough or sneeze into a sleeve.
- Watch all household members for symptoms of respiratory illness.
- Contact your health care provider if a fever or other symptoms such as chills, cough, sore throat, headache, or muscle aches develop or get worse.
- Keep supplies of masks, gloves, soap, tissues, paper towels, and cleaning supplies on hand.
- Make sure all sinks and restrooms are stocked with soap and paper towels.
- Make sure that tissues are available in all bedrooms and common areas like living, dining, family, and computer rooms.