

Swine Flu- What to do if you or a family member is sick

What to do if you are sick

- Stay home and do not go to work, school or other crowded places.
- If you live in an area where swine flu infections have been reported and you become ill with flu like symptoms, such as fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, please contact your doctor. Your doctor will determine the need for further testing and treatment.

How to make sure that your family does not get sick

- Use a tissue to cover your mouth and nose when coughing and sneezing. Discard the tissue in a waste basket after use. If you don't have a tissue handy, cover your cough or sneeze and clean your hands with soap and water or alcohol-based hand sanitizer each time after coughing or sneezing.
- Avoid contact with other family members to prevent spreading the virus.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with individuals who are sick.
- You may be spreading germs one (1) day before your symptoms develop and continue to do so as long as your symptoms last. It is possible to be spreading the infection for up to seven (7) days after your illness begins (up to 10 days in the case of a child).
- Educate your family, especially children, on these routine precautions to lower your risk of infection.

How long you should stay home from work

You can infect others for as long as your symptoms last, which could be as long as seven (7) days after your illness begins (as long as 10 days in case of a child). Your doctor can provide you with specific guidance based on any testing done and the recommendations from your local health department and the CDC. As the recommendations are based on the spread of swine flu locally, these guidelines can be different for people in different parts of the country. Don't depend on recommendations from family and friends from other regions of the country.



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When you should start treatment with flu medications like Tamiflu or Relenza

Please contact your doctor and discuss your concerns. Your doctor will discuss the need for antiviral medications after assessing your illness. The medications are available with a prescription ONLY. If your doctor thinks that these medications are not needed, please do not try to obtain them through unauthorized websites that can provide the medications to you without a prescription, as you may be getting an unsafe medication or one that may not work.

What you should do if someone is sick at your home

- Keep the sick person away from other family members.
- Do not send the person to work or school.
- Communicate with the doctor taking care of your family member to understand the treatment recommendation.
- Have the infected person use a loose fitting surgical mask to cover his or her nose and mouth, if he or she needs to leave home.
- If you are taking care of someone pregnant or with other chronic medical conditions, please discuss his or her care needs with the doctor so that you understand what to do.

How your workplace will count this absence from work

Workplace policies differ from place to place. Please ask your manager and follow his or her instructions.

Where you can get more information

- CDC website - <http://www.cdc.gov/>
- Your local Health Department website.
- Your doctor

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