

PANDEMIC INFLUENZA PROTECT YOUR HOUSEHOLD

COVER



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



Cough or sneeze into the crook of your elbow.

CLEAN



Wash your hands often with soap and water.



Also have the sick person wash their hands often.

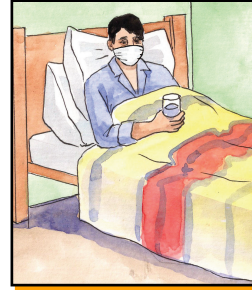


Clean surfaces that are touched by a person with the flu. Use soap and water.

CARE



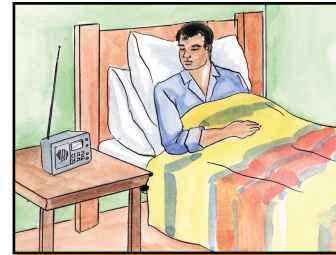
Create a separate space to take care of the sick person, at least 2 meters away from others in the household.



Have the sick person wear a mask or cloth over their mouth and nose.



Give the sick person plenty to drink and eat so they do not become dehydrated.



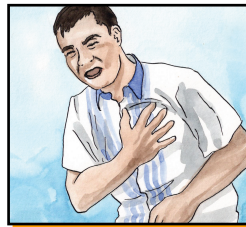
Pay attention to announcements from local leaders, radio and television, or hotlines to keep up to date on what actions you should take.

CALL

Call or visit a health care facility only if you have serious problems such as:



Trouble breathing



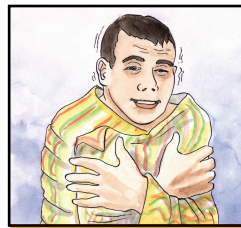
Chest pain



Severe vomiting or diarrhea



Lips and face turning blue



Shaking that cannot be controlled

Information is also available at www.pandemicpreparedness.org