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If Someone in Your Household Gets Sick with the Flu. . . .

1. The sick person should stay home from work or school.
2. Call your doctor – they sick person should NOT go to the doctor's office unless advised to by your doctor. Check to see if the sick person's contacts need to take antiviral medications, especially if they have chronic health conditions.
3. Keep the sick person away from other people in the household, preferably in his/her own room, with a separate bathroom, if possible.
4. Maintain good ventilation in shared areas of the home.
5. Remind the sick person to cover coughs and sneezes, throw away used tissues immediately, and clean their hands often with soap and water or an alcohol-based hand sanitizer.
6. Have everyone in the household clean their hands often with soap and water or an alcohol-based hand sanitizer. Use paper towels or dedicate specific towels for each person in the household (for example, a different color for each person).
7. Try to have only one adult act as the caregiver to the person with flu. There should be no other visitors.
8. The caregiver should avoid face-to-face contact with the sick person.
9. The sick person should get plenty of rest and drink plenty of liquids.
10. Unless necessary for medical treatment, the person with flu should not leave the home when a fever is present or within 7-10 days after the symptoms begin.
11. Be aware of any emergency warning signs that require urgent medical attention.

