

CDC.gov/swineflu/guidance  
April 25, 26, 2009

- Swine flu can cause a wide range of symptoms, including fever, cough, sore throat, headaches, chills, fatigue, diarrhea and vomiting.
- It responds to prescription antiviral drugs oseltamivir (Tamiflu) and zanamivir
- Transmission is the same as any air borne pathogen; respiratory droplets of coughs and sneezes. Or when a person touches respiratory droplets on another person or an object.
- Everyday precautions include, covering your nose and mouth with a tissue when you cough or sneeze, then, washing your hands afterward. (Per the CDC alcohol hand gels are more effective than soap and water). Avoid coughing or sneezing into hands if possible.
- Use paper towels to dry hands rather than towels.
- Wash your hands frequently
- Wear a mask if you have close contact (defined by CDC as less than 6 feet away) from a person with respiratory symptoms.
- Have the sick person wear a surgical mask during your visit as well.
- Use a N95 respirator if you help the sick person with respiratory treatments using an inhaler or nebulizer.
- Use the mask or N95 respirator only once and place it in the trash before leaving the patient's home, then wash your hands again.
- Clinicians may use the PDI Super Sani-Cloth disposable wipes. They are for hard non food contact surfaces and are bactericidal, tuberculocidal and virucidal. (This includes MRSA and VRE)
- If you are sick –stay home

**For patients and their families:**

- Keep the sick person away from others as much as possible
- Patients should not leave home except for medical care for 7 days after the onset of symptoms in adults and 10 days in children.
- Instruct family to NOT give aspirin to children or teenagers
- Everyone in the household should clean their hands using soap and water, often, but especially after coughing or sneezing, or after contact with the infected person or the sick person's bathroom.
- Avoid hugging patient's dirty laundry to your body and wash hands after handling.
- Avoid face to face contact with the sick person if possible
- Cough or sneeze into tissues and dispose of the tissues immediately, then wash your hands.
- If the sick person must leave home, they should wear a mask if at all possible.