

If you are sick:

- Stay home while you are sick!
- Keep your children home while they are sick.
- Keep a distance of at least 6 feet from others.
- Cover your coughs and sneezes with a tissue. Throw the tissue in the garbage right away. Wash your hands immediately.
- Clean and disinfect surfaces that are touched often such as door handles, counters, TV remotes, phones and sink handles.
- Do not share personal items such as dishes, towels or bedding.
- Get plenty of sleep.
- Stay hydrated with water
- Wear a mask if you must be around other people.
- Take over-the-counter medicine to help with symptoms.
- If you are prescribed medicine for your infection, take it until it is all gone.
- Call your doctor if symptoms get worse, not better.



Sources:

- www.cdc.gov
- www.mayoclinic.org



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Preventing the Spread of Infection

Whether you are concerned about getting Coronavirus (COVID-19), the flu or even a cold, preventing infection is the same:

- Get your flu shot every year.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, mouth, nose and face.
- Wash your hands with soap and water for at least 20 seconds before and after eating, after using the bathroom and any time your hands are dirty.
- Use hand sanitizer when you can't wash with soap and water.
- Cover your coughs and sneezes with a tissue. Throw the tissue in the garbage right away, then wash your hands.
- If there is no tissue handy, turn away from people and cough or sneeze into your elbow.
- Clean and disinfect surfaces that are touched often such as door handles, counters, TV remotes, phones and sink handles.
- Quit or reduce smoking. Smoking makes you more likely to get lung infections.



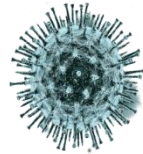
Signs of infection:

- Fever
- Cough
- Body aches



Virus facts:

- ✓ Most viruses cause mild symptoms
- ✓ **Antibiotics will not kill a virus**
- ✓ When a person gets a viral infection, the body builds special cells that remember that virus and are 'trained' to kill it in the future (immunity).
- ✓ Vaccines do **NOT** cause infection
- ✓ Vaccines work in the same way by making the body 'think' it has the virus, so it builds immunity against it.
- ✓ When building immunity to a virus, the body reacts the same way whether it is a virus or a vaccine teaching the body to fight the virus. *This is why some people get flu-like symptoms after the vaccine.*
- ✓ The flu virus changes often. This is why yearly immunizations are recommended.



The #1 way to prevent the spread of infection is good handwashing!

When to call the doctor:

For people with signs and symptoms of the flu and

- Have shortness of breath
- Are younger than 12 months old
- Are 65 years old or older
- Are pregnant or have given birth in the past two weeks
- Have certain chronic medical conditions, including asthma, COPD, heart disease and diabetes
- Have a weakened immune system
- Have a body mass index (BMI) of 40 or greater



When to go the Emergency Room:

- Difficulty breathing
- Pain or pressure in the chest or abdomen
- Dizziness, confusion or having a hard time waking up
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or gets worse
- Chronic medical conditions that get worse

