

# Basic Care for Pandemic Flu

Skagit County Public Health Department skagitcounty.net



1. Separate the person with flu from everyone without the flu
  - ill person should not leave home for 5 days after the onset of their symptoms
  
  - when movement outside home is necessary (after the 5 days), always cover mouth and nose with tissue or sleeve when sneezing/coughing and wear a surgical mask
2. Isolate infected person in one room with good ventilation
  - point a fan toward the sick room so that the air flows toward the ill person, then out a window or into a large vent
4. Have ONLY ONE person in the house do the caretaking
  - caretaker should wear a surgical mask during interaction with infected person
  
  - throw out disposable items such as tissues in trash bags
5. Keep hands away from eyes, nose, and mouth
  - frequently WASH HANDS with soap and water or alcohol-based hand sanitizer for at least 20 seconds
  
  - especially after any close contact with a sick person
6. Consult with health care providers to determine if antiviral prophylaxis (medicinal prevention) should be considered
7. Be careful when handling the ill person's soiled items, such as laundry and dishes
  - wash hands after handling such items
  
  - separating the infected person's laundry and dishes from other people's laundry and dishes is not necessary