



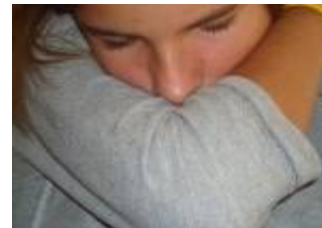
Prevent getting sick

- Wash your hands with soap & water
- Stay home from school or work if you're sick.
- Stay away from sick people
- Avoid touching your eyes, nose or mouth



Prevent spreading disease

- Stay home if you're sick at least 24 hours after your fever is over.
- Cover your cough and sneeze
- Wash hands frequently
- Use a disinfectant to clean



Routine cleaning



- Clean all areas and items that are more likely to have **frequent hand contact**, including keyboards and desks.
- Use EPA-approved disinfectants for routine cleaning.
- Additional disinfection of other areas is not recommended.

Home care



Sick persons who are staying at home recovering from flu symptoms should make sure they have appropriate supplies so they do not need to circulate in the public. Your home care kit should include:

Food

- Liquids (bottle water, juices)
- Ready-to-eat canned fruits, vegetables, beans, soups, meats
- Baby food
- Pet food



Stock up on these...



Medical supplies

- Soap or alcohol-based hand cleaners
- Thermometer
- Vitamins
- Medicines for fever
- Prescriptions
- Anti-diarrheal meds

