

# Prevent Swine Flu at Home

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## Wash Hands Often



Using soap and water, wash your hands for 20 seconds, which is about how long it takes to sing "Happy Birthday" twice. Wash after you cough, sneeze or touch dirty laundry. Or use an alcohol-based hand sanitizer.

## Cover Coughs and Sneezes



If you can't find a tissue, sneeze into your elbow or shoulder instead of your hands. If you have a tissue, throw it out right away and wash your hands.

## Don't Share Everything



Keep your water bottles, cups, cutlery, towels, and bedding to yourself. Wash eating utensils in the dishwasher or with soap and hot water. Don't "hug" laundry; tumble dry on the hot setting.

## Wear Face Masks Around Those With Flu



Wear a face mask or respirator if you come within 6 feet of a sick person or if you've got the flu and must be around others. Designate one caretaker for a sick person.

## Clean Shared Surfaces



To curb germs, disinfect doorknobs, bathrooms, toys, and other shared surfaces. Use commercial disinfectants or mix one part bleach to 10 parts water.

## Get Vaccinated



Get your vaccines for seasonal flu and the H1N1 swine flu when they become available.

## What to do if you get sick:

- 1.** If you or your children are sick, stay home from school or work and avoid other healthy people until you're free of fever for at least 24 hours. Develop a contingency plan with your employer in advance if you or your children fall ill. Telecommute if possible. Have back-up care for your sick children if you can't stay home.
- 2.** Call your doctor or your child's pediatrician if either of you have symptoms such as a fever over 100 degrees F plus cough, sore throat, runny nose, sneezing, nausea, vomiting, or diarrhea. Antiviral drugs that treat swine flu are most effective when started early.
- 3.** Seek immediate care if you or your children have warning signs such as a fever of 102 degrees F or above, shortness of breath, chest or abdominal pain, sudden dizziness, or severe vomiting.
- 4.** If you or your children have a chronic medical condition (such as asthma or diabetes), contact your health care provider about flu-like symptoms.

For further information, go to [www.webmd.com](http://www.webmd.com)

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