Help Prevent the Spread of Flu

IF YOU ARE ILL:

- Stay home until you are fever-free for 24 hours after you have stopped taking fever-reducing medicine. Do not attend classes or go to work while ill.
- Avoid close contact with others.
- Cover your coughs and sneezes with tissues or your sleeve. Wear a facemask if you must be in common/public areas.
- Wash your hands often with soap and water or alcohol-based hand cleaner.
- Contact University Health Services (UHS) at 412-268-2157 or health@andrew.cmu.edu. A staff member will instruct you about what to do; contact us prior to coming to our office or another health center.

To feel better:

- Stay home, especially if you have a fever
- Rest
- Drink plenty of fluids
- Use a clean humidifier or cool mist vaporizer
- Avoid smoking, second-hand smoke, and other pollutants
- Take acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve) for pain/fever

IF YOU ARE A CAREGIVER OR ROOMMATE:

- Monitor yourself and roommates for flu symptoms. If you develop flu-like illness with high fever (100°F/37.8°C), isolate yourself from others and contact UHS.
- Avoid close contact with the sick person.
- Clean your hands often with soap and water or an alcohol-based hand rub. Especially after you touch the sick person or any surface or object they have touched.
- Do not touch your eyes, nose or mouth after touching shared surfaces.
- Clean shared surfaces before and after use. Use common household cleaning products; do not share linens, eating utensils, or dishes.
- Maintain good ventilation in shared spaces. When possible, keep windows open.
- If you have a medical condition that puts you at high risk for complications from influenza, you should not be the designated caregiver.
How do you know if you have the flu?

Signs of the flu can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling weak or more tired than usual
- Headache
- Chills
- Body aches
- Vomiting
- Diarrhea

Two less common signs of the flu include:

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don’t have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.
Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.

What kills flu viruses?

Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols

How should a caregiver handle a sick person’s tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.

For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

after coughing or sneezing.
Keep our shared spaces healthy.

- **If you have flu-like illness, stay home.** If you have flu-like illness, isolate yourself from others. Stay home until you are fever-free for 24 hours after you have stopped taking fever-reducing medicines.

- **Clean your hands** *before and after* using shared equipment. Wash hands frequently with soap and warm water for 20 seconds or use alcohol-based hand cleaner.

- **Cover your nose and mouth with a tissue when you cough or sneeze.** Or, cough into your upper sleeve, not your hands. Throw the tissue in the trash after you use it.

- **Do not touch your eyes, nose or mouth after touching surfaces.** Germs spread this way.

- **Avoid contact with people who are ill** and maintain a distance of 3 to 6 feet from anyone who is coughing.

- **Clean shared surfaces before and after use.** Common household cleaning products are adequate.