

Controlling the Spread of Germs

It's important that everyone be familiar with the importance of frequent hand washing along with respiratory (coughing) etiquette. The following helpful hints will help ease the rapid spread of the H1N1 virus:

- Everyone should wash their hands frequently regardless of whether or not there is a possible pandemic on the horizon. Assure everyone in your household, especially children, understand the importance. Use soap and water when available. An alcohol-based hand sanitizer with more than 65% alcohol is also acceptable.
- Cover your cough with a tissue. In the absence of tissues, use your upper arm sleeve for better coverage of your cough.
- Wear disposable gloves when in contact with or cleaning up body fluids.
- The flu virus is spread by respiratory droplets during sneezing and/or coughing. It's important to avoid sharing personal or work items with others.
- Disinfect door knobs, switches, handles, toys, and other surfaces that are commonly touched around the home or workplace. To make the disinfectant mix a gallon of water with a ¼ cup of bleach. Use a fresh batch every time to clean!
- When doing the laundry and dishes at home, you can mix personal items as long as you use soapy, very hot water. Be sure to wash your hands after touching the soiled items.
- Call your healthcare professional at the first signs of the flu. Many symptoms can be treated over the phone or during a physician visit. Common symptoms include fever, sore throat, and cough. Other symptoms may include cold-like symptoms, muscle aches, diarrhea, and vomiting.