MANAGING HOME LIFE WITH FLU & COVID-19 VIRUS

Even if you don’t know for sure if you or someone in your home has the flu or COVID-19...

Assume you do until test results come back.

Call your doctor’s office or the county health department about getting tested.

Track your symptoms: temperature x2 a day and note symptoms.

Keep a list of your doctor’s phone numbers on the fridge.

Some over-the-counter medicines can interfere with prescription medications. Talk to your dr. first.

Antiviral drugs are not a substitute for getting a flu shot, but are a second line of defense to treat the flu if you get sick.

Prevent spreading the virus

Hand hygiene:
Everyone in the home should wash their hands often and correctly.
Avoid touching your face.

Fresh air:
Outside air helps reduce the concentration of contaminated droplets in the air.
Open windows to allow fresh air in.
Spend time outside.
Use exhaust systems.

Masks:
Consider masks for everyone in the home, not just the sick person. Masks should cover both your mouth & nose.
Always cough or sneeze into your elbow, even when wearing a mask.
Dedicate a lined trash can for the sick person to use.

Limit shared spaces & items:
Try to not share a bedroom or bathroom with someone who is sick.
Avoid sharing personal items as much as possible.

Wipe down surfaces daily:
If hands touch it... clean it.

Post sickness:
Do a thorough cleaning of the sick room and any shared spaces.
Clean, vacuum, laundry.

Limit contact:
Try to minimize your contact with others. Stay 6 feet away from people.

6 FEET

Clean, vacuum, laundry.

Bedding, pajamas, towels.