

Swine Flu Checklist

By Jake R Brady

- Avoid Getting Sick
 - Get your flu shot as soon as it is available for the best chance of protection.
 - Always practice good health habits to maintain your body's resistance to infection.
 - Eat a balanced diet.
 - Drink plenty of fluids.
 - Exercise daily.
 - Manage stress.
 - Get enough rest and sleep.
 - Wash hands frequently with soap and water.
 - Avoid or minimize contact with sick people.
 - Avoid touching your eyes, nose and mouth.
 - Cover your mouth and nose with tissues when you cough and sneeze.
 - Stay away from others as much as possible when you are sick.
 - Stay home when being sick.
 - Get a flu shot every year.
 - If you develop flu-like symptoms, consult your health care provider.
- Symptoms
 - High fever.
 - Severe body aches.
 - Headache.
 - Extreme tiredness.
 - Sore throat.
 - Cough.
 - Runny or stuffy nose.
 - Vomiting and/or diarrhea.
- When Someone Is Sick
 - Designate one person as the caregiver.
 - Keep everyone's personal items separate.

- Avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Disinfect doorknobs, switches, computers, telephones and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher.
- When washing dishes by hand, use very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would.
- Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.