

# 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.