

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.