

Pandemic Influenza

Infection Control Guidelines For Communities



Stay healthy and keep others healthy during a pandemic.

Protect others from your germs

- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in the nearest waste basket
- Cough or sneeze into your upper sleeve, not your hands, if you don't have a tissue
- Wash your hands with soap and water after coughing or sneezing, or clean your hands with alcohol-based hand cleaner

Know who is at high risk for complications of flu:

- The very young
- The very old
- People with other medical conditions

These people should stay at home, if possible.

Stay home if you are sick

If you must leave the home, wear a mask if you have:

- Fever
- Cough or sore throat
- Shortness of breath

Change your mask often or when it becomes moist or soiled and

- Discard it in the regular trash.

Send healthy household members to:

- Food stores
- Drug stores

Avoid public gatherings:

- Movies
- Public meetings
- Religious services
- School events
- Sports events

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