

Combat **FLU**

DEVELOP A GAME PLAN WHEN THE FLU HITS YOUR HOME

Everyone wants to avoid catching the flu, but when the highly contagious virus invades a home full of people it can seem like a daunting task. The virus can spread very quickly among people who are living together because often the transmission takes place before someone is symptomatic. An individual can be contagious a day before showing symptoms so they are often out and about at school or at the store.

about **20%** of Americans become ill with the seasonal influenza virus each year, according to the CDC.



6 or **8**

An infected person can expose a virus from a sneeze up to **6 feet away**. Or a virus can live on a surface up to **8 hours after exposed**.



MAKE IT A PRIORITY FOR EVERYONE IN THE HOME TO GET THE FLU SHOT.



REPLACE TOOTHBRUSHES REGULARLY

Replace all family member's toothbrushes even if just one person becomes ill. A sick person's toothbrush should be replaced after a fever is gone and the individual is starting to feel better.



KEEP A LOG OF MEDICATION DOSES

Keep a log of what medications have been given – such as pain relievers or fever reducers – to what person and at what time.



MOST IMPORTANT
Remember, make sure that everyone practices good hand washing.



CLEAN, CLEAN CLEAN

Wash bedding after a person is feeling better. **Disinfect** hard surfaces that may have been touched by an infected person including faucets and door handles.



SEPARATE PERSONAL CARE ITEMS

Set aside **one bathroom for ill family members**. Give them each a separate wash cloth and towel to use that everyone else is prohibited from touching.

The most important thing a family can do is to educate themselves on the symptoms of the flu and then take action as soon as someone in their home begins exhibiting them. For more information on the flu, visit premierhealthnet.com/familyhealth.