



## INSTRUCTIONS FOR PERSONS WITH INFLUENZA-LIKE ILLNESS

People with flu-like symptoms such as fever, cough, sore throat, body aches, headache, chills and fatigue should stay at home for 7 days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer.

If you must go into the community, wear a face mask to reduce the risk of spreading the virus when you cough, sneeze, talk or breathe. If a face mask is unavailable, use a handkerchief or tissues to cover any coughing and dispose the tissue properly after use.

You and all persons who live with you should wash their hands frequently with soap and water. Use alcohol-based hand gels (containing at least 60% alcohol) when soap and water are not available and hands are not visibly dirty. When you are within 6 feet of others at home, wear a face mask if one is available.

Household members who are well should: remain home at the earliest sign of illness and minimize contact in the community to the extent possible.

Designate a single household member as your caregiver to minimize interactions with persons who are not ill.