HOME RESPIRATORY ISOLATION
for novel H1N1 influenza

During the period that you have symptoms, especially fever, it is possible for you to spread the flu virus to those who have close contact with you (for example, someone living with or caring for you). To help prevent spread of the flu virus to others in close contact with you, the health department is asking you to follow these guidelines:

THE PERSON WHO IS SICK SHOULD

- **STAY AT HOME** for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.
- **AVOID CLOSE CONTACT WITH OTHERS.** Limit your contact with others. Avoid close contact such as kissing, sharing toothbrushes or drinks with people who are not sick. Try to stay in one room of the house, as far away from others as possible.
- **COVER YOUR MOUTH AND NOSE**. Always cover your mouth and nose when sneezing, coughing, or blowing your nose.
- **WASH YOUR HANDS**. Wash your hands with soap and water or an alcohol-based hand gel right after you sneeze, cough or throw a used tissue in the trash.
- **WEAR A MASK**. When you are in close contact with others (within 6 feet) or if it is necessary to leave the house, wear a mask to stop the spread of flu to others.
- **CALL YOUR HEALTHCARE PROVIDER IF YOUR SYMPTOMS GET WORSE**.
    - Trouble breathing including shortness of breath or fast breathing
    - Bluish skin color
    - Pain or pressure in the chest or abdomen
    - Sudden dizziness
    - Confusion or irritability
    - Flu-like symptoms improve but then return with fever and worse cough
    - Refusing to drink fluids

OTHER PERSONS IN THE HOME

- **WATCH FOR SYMPTOMS.** Household and close contacts should watch for symptoms such as fever, cough, sore throat or runny nose. Contacts who develop symptoms should remain at home and follow the steps listed above.
- **CHOOSE ONE PERSON TO CARE FOR THE SICK PERSON.** Limit the number of people caring for the sick person. Wear a mask if you must have close contact. If at all possible, persons with chronic health problems and pregnant women should not care for the sick person.
- **WASH YOUR HANDS**. Wash your hands with soap and water or an alcohol-based hand gel right after any contact with the sick person. Wash your hands after handling dirty laundry and other personal items
- **LIMIT THE NUMBER OF VISITORS**. Sick people should not have visitors while they are ill. If someone who does not live in the home with the patient has to enter the home, they should not come in close contact (within 6 feet) of the sick person.
- **WIPE DOWN SURFACES**. Clean surfaces that are frequently touched or shared with a standard household disinfectant. This may include doorknobs, remote controls, bedside tables, and bathroom counters / fixtures.

DOES THE SICK PERSON NEED TO TAKE MEDICINE?

Persons should only take medicine for influenza if their healthcare provider prescribed them. For people with certain health conditions, a medicine called either oseltamivir (Tamiflu) or zanamivir (Relenza) may be prescribed. All sick persons should rest, drink plenty of liquids, and take over the counter medicines such as acetaminophen or ibuprofen to treat their fever and other symptoms. **All children under 18 years of age should NOT take aspirin** or products containing aspirin (e.g. Pepto-Bismol), as this can cause a rare serious illness, Reye syndrome.

SHOULD HOUSEHOLD OR OTHER CLOSE CONTACTS TAKE MEDICINE TO PREVENT INFECTION?

Most people who live with or have close contact with people with flu do not need to take any medication to prevent illness. Call your healthcare provider if you have questions about whether you need medication to prevent illness.

WHERE CAN I FIND MORE INFORMATION?

- Call the **NC CARE LINE** (800) 662 7030
- Visit the following websites
  - NC Division of Public Health **www.ncpublichealth.com**
  - The Centers for Disease Control and Prevention **www.cdc.gov**

NCPH

North Carolina Public Health