



## INSTRUCTIONS FOR PERSONS WITH INFLUENZA-LIKE ILLNESS

- The U.S. Centers for Disease Control and Prevention recommends that people with flu-like symptoms such as fever, cough, sore throat, body aches, headache, chills and fatigue should stay at home for at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.
- This recommendation applies to camps, schools, businesses, mass gatherings, and other community settings where the majority of people are not at increased risk for influenza complications. This recommendation does not apply to health care settings where the exclusion period is 7 days from symptom onset, or until symptoms are resolved.
- Most ill people recover after a few days of rest and do not necessarily have to go to the doctor's office. They should call the doctor to receive care instructions.
- If people with flu-like illness must go into the community, they should wear a facemask to reduce the risk of spreading the virus when coughing, sneezing, talking or breathing. If a facemask is unavailable, use a handkerchief or tissues to cover any coughing and dispose the tissue properly after use.
- People with flu-like illness and all persons living with them should wash 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. Ill persons should wear a facemask, if possible, when within 6 feet of others at home.
- 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 the caregiver to minimize interactions with persons who are not ill.