

## Isolating a Sick Person at Home

Pandemic influenza can be spread by being near someone with the illness who is coughing or sneezing. It can also spread when you touch surfaces that the sick person has touched.

By separating the sick person from others in your home, and following these guidelines, you can help limit the spread of pandemic influenza in your home.

- Isolate the sick person(s) within your home. This means choosing a room in your home where the sick person can stay for the entire time that they are sick. Rooms should have windows that open to circulate air, as well as natural sunlight and a door that shuts. The door should stay closed. If possible, this room should have a bathroom that is attached or nearby. It is best if those who are not sick use a separate bathroom.
- Make one person in the household the main caregiver. The main caregiver is the only person who should enter the sick person's room. The caregiver should bring the sick person meals, drinks, and medicines and should closely watch the sick person's symptoms.
- Other household members should have no contact, or very limited contact, with the sick person. Try to keep the sick person at least six feet away from others (non-caregivers).
- Do not have visitors while the person is sick.
- Always make sure the sick person covers their nose and mouth with a tissue or their arm when sneezing or coughing. Ensure that the sick person washes their hands after coughing or sneezing, touching dirty tissues, or after removing their mask.
- Tissues used by the sick person should be placed in a plastic bag. The bag should be tied or knotted and thrown away with other household garbage.
- Do not share personal items with the sick person. These items include eating utensils, cups, computers, phones, pens, clothes, towels, blankets, and bed sheets.
- Sick persons should not leave their room during the time they can spread pandemic flu. People with the flu should stay home for at least 24 hours after their fever is gone (without the use of fever-reducing medicine). A fever is defined as having a temperature of 100° F or 37.8° C or greater. If you have to take the sick person out of the home, for example for medical appointments, the sick person should wear a mask if possible and cover his or her mouth and nose with tissues when coughing or sneezing. Try to keep the sick person at least six feet away from others (non-caregivers).
- Call a medical provider if the sick person's symptoms change or get worse.