

# What to do if a housemate has flu syndrome



## What is “flu syndrome?”

Flu syndrome is referred to the condition where a person has all of the signs/symptoms of type A influenza, which includes H1N1 and the seasonal flu. The symptoms include:

- Fever of 100 degrees or more
- Cough
- Sore throat
- Runny/stuffy nose
- Body aches
- Headache
- Chills
- General fatigue

## Lessening the spread of flu at home

- The ill person should practice self-isolation by keeping separate from others until the person has been fever free for 24 hours without the aid of fever reducers like Tylenol, Advil, etc. This also means the ill person should keep out of common areas such as kitchens, living rooms, etc. if at all possible during this time.
- All housemates (including the ill person) should wash hands more frequently to further reduce the spread of the virus.
- Practice social distancing by keeping a distance of at least 6 feet from the ill person
- The ill person should not have visitors other than a caregiver. A phone call would be a much better option for visitors.
- If possible, allow the ill person to have their own bathroom. If this is not possible, daily bathroom cleaning with a household disinfectant is recommended.
- Assist the ill housemate by bringing them items they need such as food and liquids. Keeping them out of the kitchen is essential!

## Household Cleaning

- Throw away tissues and other disposable items used by the ill person. Be sure to wash hands after handling such items.
- Disinfect surfaces such as tables, nightstands, bathroom surfaces, remote controls, etc. used by the ill person with a household disinfectant. Be sure to follow the directions for best effectiveness!
- Thoroughly wash linens, eating utensils, and dishes used by the ill person before reusing.
- Bed linens, towels, and clothing used by the ill person should be washed using laundry detergent and hot water. Avoid “hugging” laundry while bringing it to the washer to avoid contaminating yourself. Be sure to promptly wash hands after handling these items.

Questions? Contact the Health Service at 217-581-2727