

Staying Healthy



THIS IS HOW TO **WASH YOUR HANDS.**

- ❶ Use soap & water.
- ❷ Rub hands for 20 seconds.
- ❸ Rinse.
- ❹ Dry with paper towel.
- ❺ Use towel to turn off faucet.

For more information, please call 250-5000,
or go to www.buncombecounty.org/health

**BUNCOMBE
COUNTY**
HEALTH CENTER

Staying healthy at work and at home

- What you should know
- What you can do to

Stay Healthy



Flu Symptoms

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes vomiting and diarrhea





Emergency Warning Signs

In children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or interacting
- Irritability, child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



Call a doctor for your child if:

- A baby younger than 12 weeks has a fever greater than 100.4 degrees Fahrenheit.
- A child older than 12 weeks has a fever for three days.
- A child's fever returns after a 12-24 –hour time period.
- A child is not passing urine or making tears for more than six hours.
- A child does not smile or show interest in playing for several hours.



Dial 911 if:

- A child cannot speak while trying to breathe.
- Has a blue or dark purple color to the nail beds, lips, or gums.
- Is not responding to you because he/she is too tired or weak.

How long is a sick person contagious?

Someone infected with the H1N1 flu sheds virus and may infect others from 1 day before getting sick to 5-7 days after. This can be longer in some people, especially children, and for people with weakened immune systems.





Groups at high risk

- Age 65 or older
- Children under 5
- Pregnant women
- People with chronic medical conditions
 - Asthma
 - Neuromuscular Disorders
 - Diabetes
 - Heart Disease
 - Infected with HIV

Protecting your child against the flu

- Get seasonal flu vaccine for yourself and child.
- Cover your nose and mouth when sneezing and dispose of the tissue after you use it.
- Wash your hands with soap and water or alcohol based hand cleaner.
- Teach your child to avoid touching his/her eyes, nose, and mouth.
- Keep your child 6 feet way from sick people.
- Keep surfaces like bedsides, tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with household disinfectant according to directions on the label.
- Throw away tissues and other disposable items used by sick persons in your household trash.



When can my child go back to school after having the flu?

Keep your child home from school, day care or camp at least 24 hours after their fever is gone. (Their fever should be gone without having taken a fever-reducing medicine.) A fever is defined as 100 degrees F.





Care of flu patient at home

- Physically separate the sick person from others as much as possible.
- The sick person should not leave the home during the period in which they are most infectious, i.e., 5 days after the onset of symptoms.
- Limit visitors in the home while the person is sick.
- Household members should wash hands with soap and water or an alcohol based hand rub.
- Dishes or laundry used by the sick person need not be washed separately.
- Handle soiled linen carefully, i.e., avoid “hugging” the laundry to avoid contamination and wash hands after handling.
- Place tissues used by the sick person in a bag and dispose with other household waste.



Killing the flu virus

- Influenza virus is destroyed by heat (167-212°F).
- Several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.



Links to more information

- www.pandemicflu.gov
- www.health.state.mn.us
- www.cdc.gov/h1n1flu/