



INFLUENZA AND YOU

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What You Can Do

Four Simple Things You Can Do To Protect Yourself And Your Family

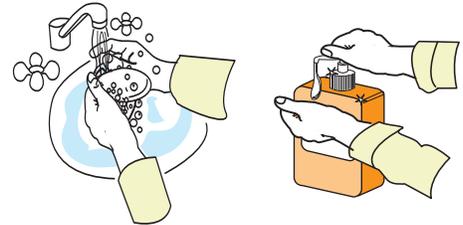
COVER YOUR COUGH AND SNEEZE

- Cover your mouth and nose with a tissue
- Put your tissue in the trash can
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands



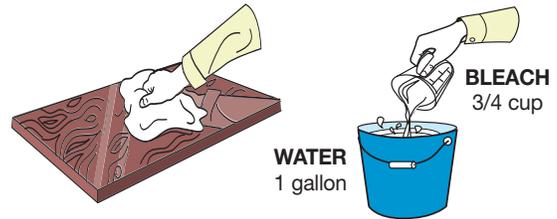
WASH YOUR HANDS

- Wash hands with warm, soapy water for at least 10-15 seconds OR use a hand sanitizer after:
 - Coughing or sneezing
 - Using the bathroom
 - Caring for a sick person
 - Handling garbage or animal waste



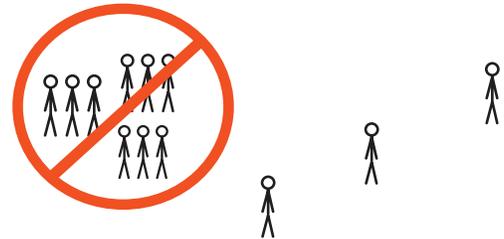
KEEP LIVING AND WORK AREAS CLEAN

- Clean areas with household detergents (dishwashing liquid, laundry detergent, hand soap).
- Sanitize surfaces with bleach or alcohol



KEEP YOUR DISTANCE

- Avoid crowds
- Limit your travel
- Travel to and from work during off-peak hours, if possible
- Work from home, if possible



There are many common sense, non-medical steps you can take to protect yourself, your coworkers and your loved ones. Following these procedures can significantly limit the spread of the virus—both H5N1 and the virus causing seasonal flu.

Cleaning and Sterilizing:

H5N1 is killed by alcohol and bleach. Cleaning furniture, work areas, food prep areas, etc. with household detergents (e.g. dishwashing liquid, laundry detergent, hand soap) followed by a sterilizing solution (alcohol or bleach) is recommended. The table gives you directions on how to prepare and use a sterilizing solution.

Sterilizing Agents

Household (Laundry) Bleach:
Dilute 3/4 cup of bleach into one gallon of water.

Rubbing Alcohol:
(e.g. 70% isopropyl alcohol or 60% ethyl alcohol)
Do not dilute; use straight from bottle. Items with lower alcohol concentrations, such as whiskey, vodka and rum, will not be effective.

Recommended Use

Disinfection of material contaminated with blood and body fluids.

Smooth metal surfaces, tabletops and other surfaces on which bleach cannot be used.

Precautions

Use in a well ventilated area. Wear gloves while using/handling bleach. Only mix bleach with water.

Flammable and toxic. Use in a well ventilated area. Do not inhale. Keep away from heat sources, electrical equipment, flames and hot surfaces. Allow to dry completely.

Keep bleach and rubbing alcohol away from children.

Do not drink bleach or rubbing alcohol.



The facts, recommendations and advice expressed or implied on this poster are those of the contributors and do not necessarily reflect the views of the Department of Defense, the National Defense University or any other agency of the Federal Government. If you are in any doubt about what actions to take you should obtain professional healthcare advice.

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