



Baca County Public Health Agency

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H1N1 Flu Precautions

- Wash your hands after coughing or sneezing, even if you use a tissue.
- Use hand sanitizer throughout the day when you can not wash hands.
- Keep your hands away from your mouth, nose and eyes.
- Stay home if you are ill. Stay home for seven days after symptoms begin, or at least 24 hours after the symptoms have resolved.
- Avoid others with respiratory illness.
- Do not send children to school or daycare if they are ill.
- Persons who wish to seek medical care, please contact your healthcare provider to report illness prior to seeking care. After hours contact your local hospital.
- Persons who have difficulty breathing or shortness of breath, or are believed to be severely ill, should seek immediate medical attention. Those with chronic respiratory problems should report any flu like symptoms to their healthcare providers.
- Household contacts of persons with symptoms consistent with swine flu should remain home at the earliest sign of illness, minimize contact in the community to the extent possible, and designate a single household family member as the ill persons caregiver to minimize interactions with asymptomatic persons.
- CDC recommends that other social distancing interventions be considered.
- You can get general information from the Colorado Helpline at 1-877-462-2911, or visit the CDC website at www.cdc.gov