
**INFECTION CONTROL GUIDELINES FOR CARE OF PANDEMIC
INFLUENZA PATIENTS IN THE HOME**

You can care for a flu patient at home. Here are some simple rules for staying well when you are caring for a flu patient at home:

- Talk about who should be the caregiver in your home
- The caregiver should take most or all responsibility for the patient
- AND, the caregiver should be healthy

Caring for your flu patient

- If possible, give your flu patient a separate room
- Wash your hands every time after you care for your flu patient
- Wear an N95 respirator or equivalent when less than 3 feet from your patient
 - An N95 filtering facepiece respirator is a disposable respirator that covers the nose and mouth. Like a facemask, a respirator will trap infected droplets.
 - If worn correctly, an N95 respirator will protect against breathing in small particles that may contain viruses.
 - For questions about a brand or type of respirator, consult the National Institute for Occupational Safety and Health website, http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/
- Have your patient wear a facemask when close to other people
- Your patient should not leave the home until 5 days after onset of symptoms
- When going outside the home, have your patient:
 - Wash hands before leaving the house and every time after coughing or sneezing or using tissues
 - Wear a facemask
 - Use tissues to contain respiratory secretions
 - Dispose of used tissues in the nearest waste basket after use
 - Cough or sneeze into the upper sleeve, not the hands, if a tissue is not available

Management of other persons in the home

- Other persons should limit contact with your flu patient.
- Discourage unnecessary visitors.

Hand washing

- Wash your hands every time after you care for your flu patient.
- Use:
 - Soap and water and dry your hands thoroughly with paper towels or use
 - Alcohol-based hand rub

Dishes and eating utensils

- Soiled dishes and eating utensils should be washed in your dishwasher or by hand with warm water and soap.
 - It is not necessary to separate eating utensils for use by your flu patient.

Laundry

- Laundry can be washed in your washing machine with warm or cold water and detergent
 - It is not necessary to separate soiled linen and laundry used by a flu patient from other household laundry.
 - Handle soiled laundry with care.
 - Avoid “hugging” the laundry
 - Wash your hands after handling soiled laundry.

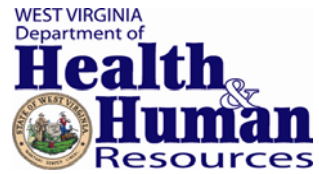
Tissues

- Tissues used by your patient should be placed in a bag and disposed of with other household waste.
- Put a trash bag at the bedside.

Cleaning

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- Clean your house well with regular household cleaning products.

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