

What if you are sick?

If you are sick with a fever over 100 degrees Fahrenheit, vomiting or diarrhea—**stay home. If you get sick while you are at work, go home.** Stay home for at least 24 hours after your fever is gone, without the use of fever-reducing medication.

Tell management if you have a flu-like illness or if you have had one in the previous seven days. You may still be able to spread germs, even if you are feeling better.

A great way to protect your health is to stay up to date on your immunizations. Consider getting a flu shot this season (and every year), as well as a Tdap (tetanus-diphtheria-pertussis) and a pneumonia shot.



The Guilford County Department of Public Health will help you in the event of an outbreak of illness.

Please call us at 336-641-7777 if you have concerns.

Healthy People Living in a Healthy Community

**For more information, contact
the Guilford County
Department of Public Health**

336-641-7777

Information adapted from the Centers for Disease Control and Prevention document: **Guidance for Homeless & Emergency Shelters on the Novel Influenza A (H1N1) Virus** June 16, 2009
www.cdc.gov

PEC APP 8/09

Prevent the Spread of Germs in Shelters

Tips for Employees



You can do many things to help protect the health of the residents in your facility, as well as your own health, by taking action to prevent the spread of germs. These tips can help prevent illnesses like influenza (the flu), tuberculosis (TB) and even something as common as diarrhea.

The main way airborne illnesses like flu are spread is through the coughs or sneezes of people infected with a virus. In addition, people may also become infected with a number of different types of germs by shaking someone's hand or touching an object that has a bacteria or virus germ on it and then touching their mouths, noses or eyes without first washing their hands.



What can you do?

Encourage everyone to cover their coughs or sneezes with a tissue. Put tissues out so people can get one easily. Make sure trash bins are close by so tissues can be thrown away after use.

Encourage everyone to wash their hands often with running warm water and soap, or have them rub their hands with an alcohol-based hand sanitizer, especially after coughing or sneezing.

If you clean a bathroom, dirty laundry, pick up a used tissue or anything with body fluids on it, wear gloves. If you cleaning and might get wet, cover your clothes. Wash your hands when you are through.



If something in the building is visibly dirty or has blood on it, or someone has thrown up, clean that area right away with the disinfecting cleanser normally used in your facility or solution of one tablespoon of chlorine bleach to one quart of water, which must be made fresh daily.

Post any signs in English and Spanish so all residents understand.

What if a resident is sick?

If you see a resident with signs of being sick, like sneezing, coughing or vomiting, try to separate that person away from others. This can help cut down on the number of people exposed to someone who is sick.

Anyone who is sick should stay out of common areas.

If individual rooms for sick residents are not available, consider using a large, well-ventilated room with beds

at least six feet apart and hang sheets as temporary barriers between beds.

Some people are at increased risk of severe illness from the flu. This includes: children age 5 and younger, persons age 65 and older, pregnant women, persons of any age with chronic medical conditions (such as asthma, diabetes or heart disease), and persons whose immune systems are not working well (for example, taking medicine to suppress the immune system, fighting cancer or infected with HIV).

Persons with severe symptoms of flu infection

should be taken to receive medical attention from a health care provider or hospital. Severe symptoms include:

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

