

1. **Separate ill persons from others.** Send persons with respiratory illnesses (sore throat, cough, etc.) and a fever ($\geq 100^{\circ}\text{F}$ or 37.8°C) to their home, dorm or living quarters at least until their fever has been gone for 24 hours without requiring a fever-reducing medication like acetaminophen (Tylenol®) or ibuprofen (Motrin®). They should stay isolated in a room during this time, at least 6 feet away from others. No visitors or group gatherings.
 - Instruct them to get plenty of rest and drink plenty of non-caffeinated and non-alcoholic fluids. They should use other over-the-counter treatments to treat symptoms such as fever, pain or cough.
 - It is very important to follow the prevention items listed in #4 below.
 - Persons with worsening symptoms or who fit into one of the categories in the box to the right should contact their healthcare provider by phone. If they do not have a healthcare provider, they should call an urgent care center. (These are walk-in medical care facilities where people can quickly receive appropriate medical attention for conditions that are not serious enough to require emergency care.)
 - Persons leaving their home or room to obtain healthcare, should go directly there and ask for a mask to wear as soon as they arrive.
2. **Monitor other persons for new onsets of illness.** Send people home who develop symptoms of respiratory illness. Separate them from others while in any waiting areas by at least 6 feet.
3. **Keep a list of ill persons.** This is called a “line list”, and you can get one from the health department, or make your own. It should at least include name, age, location or room number, date symptoms started, and whether healthcare attention was obtained. This will help quickly identify problem areas where extra actions may decrease further spread.
4. **Re-educate everyone about preventing the spread of respiratory illnesses.**
 - i. **Hand hygiene:** Frequent and thorough hand hygiene is the single most important action to prevent the spread of illness. For educational materials, visit www.ok.gov/health.
 - Wash hands with soap and water when hands are visibly soiled.
 - When hands are not visibly soiled, either soap and water or alcohol-based hand products such as gels are effective.
 - ii. **Avoid contaminating yourself with your hands:** Only touch your mucus membranes such as your eyes, nose or mouth if you have just cleaned them and have not touched anything else.
 - iii. **Respiratory hygiene and cough etiquette:** This is important whether or not you are ill, since disease-causing organisms may be present even when there are no symptoms.
 - Use a tissue to cover the nose and mouth when coughing or sneezing, then dispose of it immediately and perform hand hygiene.
 - Another safe way to cover your cough is to cover your nose and mouth with your sleeve, using the inside of your elbow for best coverage. Germs are much less likely to be spread from your clothes than from your hands. When you cough into your hands, you will spread germs as soon as you touch something.
5. **Report hospitalizations and deaths due to influenza** to the Oklahoma State Department of Health, Acute Disease Service at 405-271-4060.

Persons at Higher Risk for Complications:

- Children less than 5 years old
- Adults 65 years of age or older
- Persons less than 19 years of age receiving long-term aspirin therapy
- Pregnant women
- Persons with chronic lung, heart, liver, kidney, blood, nerve, neuromuscular or metabolic disorders
- Persons who have immunosuppression due to medication or disease
- Residents of nursing homes and other chronic care facilities

Thank you for your part in controlling the spread of disease in Oklahoma.

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