

1. **Stay home if you're ill.** If you have a respiratory illness (sore throat, cough, etc.) and a fever ($\geq 100^{\circ}$ F or 37.8° C) stay home at least until your fever has been gone for 24 hours without requiring a fever-reducing medication like acetaminophen (Tylenol®) or ibuprofen (Motrin®). Stay isolated in a room during this time, at least 6 feet away from others. No visitors or group gatherings.

- Get plenty of rest and drink plenty of non-caffeinated and non-alcoholic fluids. Use over-the-counter treatments to treat symptoms such as fever, pain or cough.
- It is very important to follow the prevention items listed in #3 below.
- If your symptoms do not improve, or if you fit into one of the categories in the box to the right, contact your healthcare provider by phone. If you do not have a healthcare provider, call your school's medical clinic or an urgent care center. (These are walk-in medical care facilities where you can quickly receive appropriate medical attention for conditions that are not serious enough to require emergency care.)
- If you must leave home to obtain healthcare, wear a mask or ask for a mask to wear as soon as you arrive.

**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

2. **Monitor other persons in your household for new onsets of illness.** Follow the directions above in #1. Remember to keep ill persons separate from others by at least 6 feet.

3. **Remember to prevent the spread of respiratory illnesses by doing the following.**

- 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.
- 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.
- 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.

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

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