

# Flu

## Recommendations for people who are ill (to be given to the patient)

You are ill and the doctor who has examined you has advised you to stay at home.  
You must follow these recommendations and prescriptions.

### YOU SHOULD STAY AT HOME AND AVOID CONTACTS WITH THE PEOPLE AROUND YOU

This **isolation measure** has been put in place to avoid the spread of flu amongst the population and the people around you until you have recovered. If you have flu, you will be contagious from the time the symptoms develop and up to around seven days after becoming sick. You should rest. You should drink clear fluids regularly (water, juice, soup etc.).

### YOU SHOULD MONITOR YOUR FLU SYMPTOMS

During this period at home, if you notice the following symptoms:

- return or increase in fever;
- headaches;
- breathing difficulties;
- intense and abnormal tiredness;

➔ YOU SHOULD CALL A GP OR 15 IN CASE OF EMERGENCY (SAMU – EMERGENCY MEDICAL RESPONSE SERVICE)

DO NOT GO TO HOSPITAL DIRECTLY BEFORE TELEPHONING FOR ADVICE

Flu is a very contagious illness: how do people catch it?

### TRANSMISSION OF THE FLU VIRUS TAKES PLACE IN TWO WAYS:

- directly: via the airways (coughs, sneezes, spitting, etc.)
- indirectly: via the hands or tissues etc.

### WHEN A PERSON WHO IS ILL WITH FLU SNEEZES OR COUGHS, THE DROPLETS HE PROJECTS WILL CONTAMINATE:

- the people who are near to him and who inhale them, **this is direct contamination**;
- objects contaminated by droplet spread, or by your hands if you have placed them in front of your mouth before coughing or sneezing. If you do not wash your hands, everything you touch after this will be contaminated e.g.: a stair handrail, a door or window handle, a phone handset, a computer mouse, a toy, a piece of paper, a washbasin tap, a handkerchief, a banknote, etc. **This is indirect contamination**. It is sufficient for another person to touch these objects and then put his hand to his mouth, nose or eyes for him to be contaminated in turn. It is important you take hygiene measures which can break these two transmission chains and offer us mutual protection.

You should adopt hygiene measures so as to limit transmission to the people close to you for as long as you still have symptoms, especially when you cough or sneeze:

you should keep your distance from the people you live with (even for sleeping if possible), if possible in a different room, or keep your distance of at least one metre from others  
you should restrict social contact to a strict minimum and you should avoid physical contact with the people around you (shaking hands, kissing etc.), in particular with people who are elderly, weak or have an immune deficiency, pregnant women or children under one year old;  
you should wear a surgical mask in the presence of other people to protect them;  
you should cover your mouth and nose when you cough or sneeze if you are not wearing a mask at the time;  
you should wash your hands with soap regularly or disinfect them with a water and alcohol based solution (available from pharmacies);  
you should ventilate the rooms you are in very regularly;  
you should only leave your home/hotel when absolutely necessary during the time you are contagious and if so, you should wear a surgical mask if you are in the presence of other people.

You should disinfect your hands several times a day so as to avoid spreading the virus which is on them

### GENERALLY:

You must wash your hands **several times a day** with running water and soap (used only by you), and immediately and systematically after sneezing, coughing, blowing your nose or changing your mask. **Then** dry your hands with a personal or disposable towel.

**OR** Rub your hands with a water and alcohol based solution until they are dry.



## When not wearing a mask, cover your mouth and nose when you cough or sneeze

Use a **paper tissue** and then throw the tissue into a bin, if possible closed with a lid and fitted with a plastic bag. Wash your hands after throwing the tissue into the bin.

**Cover your mouth and nose with your hands** if you haven't got a tissue and if you are able to wash your hands immediately afterwards.

**Cover your mouth and nose with your arm or sleeve** if you are unable to wash your hands quickly. You should avoid all physical contact with your hands or arms until you are able to wash or disinfect them.

## You should wear a mask in the presence of other people so as to protect them

### HOW TO WEAR YOUR MASK:



**When you take the mask off, be careful only to touch the fastenings.**

Every time you remove a mask, you should immediately throw it **into a bin, if possible fitted with a lid**, and containing a plastic bag, which you should fasten with a tie when it is full. This can then be taken away with the household rubbish. You should use two bags, to keep the contents of the inner bag sealed if the outside bag tears when the rubbish is being collected. **Then wash your hands.**

## You should remember to adopt a few additional preventive habits

**Do not mix your personal effects with other people's** (bathroom linen, table napkins etc.). During meals do not share plates, glasses or cutlery.

**Clean surfaces and articles you share with other people** (door handles, taps, remote controls, telephone, etc.) using soap and water or the usual household cleaning products.

There is no need to use a separate washing cycle for everyday objects (towels, clothes, cutlery, etc.).

**Make sure you always close the plastic bin bag properly** (containing used masks and tissues). This can then be taken away with the household rubbish. You are recommended to use two bags, to keep the contents inside the first bag if the outside bag tears when the rubbish is being collected.

### For more information

Information on the "flu pandemic" on **+33 825 302 302**  
(0.15€/min from a land line in France)

On the Internet you can consult:

- the site of the Ministry of Health and Sports  
<http://www.sante-sports.gouv.fr/>
- the governmental site dealing with threats of flu pandemics  
<http://www.pandemie-grippale.gouv.fr/>
- the site of the National Institute for Prevention and Health Education (inpes)  
<http://www.inpes.sante.fr/>
- the site of the French Institute for public health surveillance (InVS)  
<http://www.invs.sante.fr/>

