

Information and Precautions for Infectious Diseases including Influenza & Ebola

To protect yourself and others:

- DO wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- DO cover your mouth and nose when you sneeze or cough.
- DO regularly clean surfaces such as desks, keyboards, tables, door knobs with soap and water or detergent.
- DO avoid close contact with others if you are unwell.
- Do NOT share personal items.
- Do NOT touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, or semen) of people who are sick without wearing the proper personnel protective equipment.
- Do NOT handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment without wearing the proper personnel protective equipment.

Influenza and Ebola Symptoms:

Fever (higher than 101.5F for Ebola) and symptoms like a severe headache, muscle pain, vomiting, diarrhea, stomach pain, runny or stuffy nose (influenza), sore throat (influenza) and unexplained bleeding (Ebola).

Seek medical help immediately if:

- You feel short of breath or have trouble breathing
- You have pain or pressure in your chest or stomach
- You have signs of being dehydrated, such as dizziness when standing or not passing urine
- You feel confused
- You cannot stop vomiting or you cannot drink enough fluids
- You have unexplained bleeding or bruising

How the virus is spread:

Influenza is spread through respiratory droplets from an infected person's coughs or sneezes and/or touching your mouth, nose, or eyes after touching contaminated surfaces.

Ebola is spread through direct contact with blood and body fluids. It is not spread through the air, water, or food.

Visit the following links for further information:

<http://www.cdc.gov/vhf/ebola>

<http://www.idahopublichealth.com/81-home/177-ebola/>