

A H1 N1 Influenza National French guidelines for home treatment Recommendations for patients for home treatment.

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If you have the flu and the doctor who saw you advised you to stay at home, you must carefully follow these recommendations and any prescription:

Stay at home

Isolation until you are better is necessary in order to avoid the flu's spread to the general population and those around you.

When you have the flu, you are contagious until 48 hours after all your symptoms have disappeared.

Rest and drink lots of water, soup and juices.

Monitor flu symptoms:

During this quarantine time at home ,

You should **call** your doctor or an "SOS Médecin" or "Urgences Médicales de Paris" or similar emergency house call doctor (see end of document) or **DIAL 15 (SAMU) if you have the following symptoms:**

- Resumption or increase of your fever,
- Headaches,
- Breathing difficulties,
- Severe and abnormal fatigue.

You will then be given further medical advice and receive appropriate care as necessary.

Do not go to the hospital or to your doctor's office on your own .

Flu is a highly contagious disease: how does one catch it ?

The flu virus is transmitted:

- either directly via the respiratory tract: (cough, sneezing, spitting)
- or indirectly via the hands

A patient with the flu sneezes or coughs.

The projected microparticles will then contaminate:

- people close by who inhale them (direct contamination),
- objects close by or the patient's own hands if they are placed in front of the mouth before coughing or sneezing. Then, everything touched will be contaminated, such as a door

or window handles, hand rails, a disposable tissue, a telephone, a computer mouse and keyboard, a toy, a sheet of paper, a sink faucet, a banknote or coins. This is called indirect contamination. If other people then touch these objects and subsequently their own nose, mouth or eyes, they will then be contaminated.

There are barrier measures and necessary hygiene procedures that can avoid these two modes of transmission and **PROTECT US ALL**.

You should implement hygiene precautions so as to lessen transmission to those around you during the entire time you have any symptoms especially during the time that you are coughing:

Wear a **face mask** over your nose and mouth when around other people, so as to protect them.

Cover your mouth **and** nose when you cough or sneeze if you are not wearing a mask at that moment.

Wash your hands often with soap or disinfect them with an hydro-alcoholic solution (available at the pharmacy), and specifically each time that you sneeze or cough and cover your mouth and nose while not wearing a mask.

Isolate yourself from the people you live with (even for sleeping), in another room whenever possible.

Otherwise keep at least one meter away from them. Reduce visits to a minimum, and **limit physical contacts** with those around you (handshakes, kisses, etc.) especially with the elderly, the fragile and the immunosuppressed, pregnant women or children less than 1 year old.

Air out the rooms where you are (open the windows).

Leave home only when absolutely necessary during the time you are contagious.

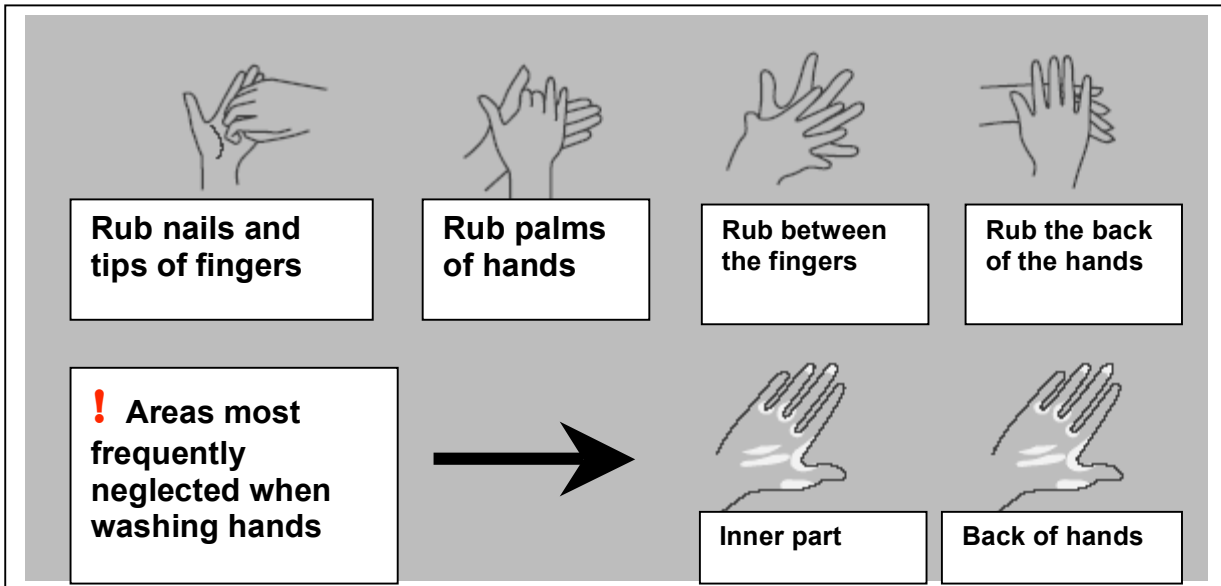
Disinfect your hands many times a day so as to avoid spreading the virus particles they carry.

Generally speaking:

Wash your hands many times daily with water and a soap reserved for your personal use. Do it every time you sneeze or cough in your hands, after you blow your nose, or change your mask.

Then dry your hands with a personal towel or disposable paper towel.

Or rub your hands with a hydro-alcoholic solution until they are dry.



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

- **Do it preferably with a disposable tissue**, that you then throw away in a covered bin equipped with a plastic bag. Then wash your hands.
- **or with your hands** if you don't have a tissue and wash them immediately afterwards.
- **with your arm or sleeve** if you cannot wash your hands immediately afterwards. Then avoid any physical contact until you can wash or disinfect them.

Wear a mask when around other people in order to protect them.

For the protection to be optimal,



When you take the mask off, be careful to touch only the straps or ties.

Throw it away immediately after using **it in a covered bin preferably equipped with a plastic bag**. Close the plastic bag with a tie when it is full. The bag will be thrown away as normal trash. It is recommended to double bag with a second plastic bag.

Then wash your hands.

Some other precautions.

Don't mix your belongings with those of others (towels, napkins)

At meals, don't share your plate, glass, fork, knife etc.

Cleanse the surfaces and items shared with others: door handles, toilet flush button/handle, remote control devices, telephone, keyboard and mouse. Do it with either soap and water or the usual appropriate cleansing products.

There is no need to wash clothes, towels, or napkins separately. No one should, however, touch your items, so put them in the washing machine / dishwasher / sink yourself.

Carefully close the trash bin's plastic bag containing used masks and disposable tissues. They are thrown away as regular trash. Double bagging with another plastic bag is always recommended.

Important addresses

- SAMU (**Emergency Medical System**, like 911 in the USA, 999 in the UK): **15**

If you don't have a general practitioner there are medical groups that provide general practitioners and emergency physicians who go and see patients at home:

In Paris and surroundings:

- SOS Médecins : Paris and "départements" 92, 93 and 94 **01 47 07 50 50**
- Urgences Médicales de Paris (Paris) : **01 53 94 94 94**

Départements des Hauts de Seine (92)

- SOS 92 Garde et Urgences Médicales **01 46 03 77 44**
- Urgences Médicales Paris Ouest (U.M.P.O.) **01 46 43 00 00**