

Controlling the Spread of Infection By Social Distancing

Social Distancing/Isolation is the strategy of limiting person-to-person contact to reduce the spread of germs—for instance, by staying home from work or avoiding public places such as stores.

Influenza can be transmitted when an infected person coughs or sneezes. It is also possible to become infected by touching surfaces contaminated with the virus, and then touching your own nose or mouth. Covering coughs and sneezes and washing hands with soap and water or with an alcohol-based hand rub are essential in stopping the spread of influenza.

During the period of illness, especially fever, it is possible for the sick person to transmit this virus to those with whom they have close contact (for example, someone living with or caring for the sick). To help prevent transmission of influenza virus to close contacts, it is recommended that the sick person stay at home until at least 24 hours after your symptoms are completely gone.

Follow the recommendations below to help prevent the spread of disease to others.

THE PERSON WHO IS SICK

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