

# FLU

*Even a seemingly harmless case of flu can in some cases lead to a serious illness. Protect yourself and others against infection!*

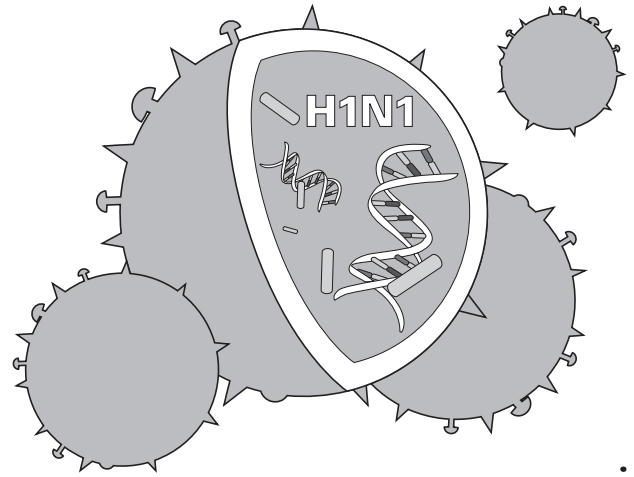


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## BASIC HYGIENE RECOMMENDATIONS IN CASE OF A PANDEMIC

- ▶ **Absolutely stay home if you show signs of illness!** Typical signs of infection include: sudden feeling of exhaustion, fever, pain in the muscles or limbs, headache; upper respiratory complaints such as sneezing, coughing, shortness of breath; diarrhea and vomiting can also occur. Stay at home to get well, until you are fever-free for at least 24 hours without needing to take fever-decreasing medication. This takes from five to seven days.
- ▶ **Wash your hands thoroughly and often!** If possible with hot water and soap (soap dispenser) – before eating (snack), after using the toilet and after contact with infected persons.
- ▶ **Standard supplies and cleaning of toilets!** Soap dispenser, single-use hand towels, disinfectant cleaning.
- ▶ **Careful on contact!** Avoid shaking hands and hugging; cover mouth/nose when coughing or sneezing.
- ▶ **Keep away from sick people!** During your free time, stay away from social events or gatherings of many people.
- ▶ **Use a hand disinfectant** if no washing facilities are available.
- ▶ **Do not drink from faucets!** Use only your own cups or glasses.
- ▶ **Air out rooms!** After each class period for at least three, if possible ten minutes.
- ▶ **Paper tissues** should be used when sneezing, coughing and blowing your nose and disposed of immediately in a closed plastic bag or rubbish bin. If no paper tissues are available, do not sneeze into your hands but into your sleeve while turned away from others.
- ▶ **Read the current information from the health authorities** (HYPERLINK „<http://www.bmg.gv.at>“[www.bmg.gv.at](http://www.bmg.gv.at))
- ▶ **Children becoming ill at school** should wait in a separate room until they are picked up. It is recommended to remain at least one metre away from sick people.
- ▶ **Children without symptoms of illness** may (for the moment) continue going to school, even if their family are ill.
- ▶ **Wearing a protective mask** is at present not a general recommendation. This may be useful for nursing personnel, following the instructions for use.