

Tips on controlling swine flu

Here is a quick guide to what you can do, based on a variety of circumstances, to protect yourself and others from swine flu.

Clean your hands often, using soap and water

6 ft.
(1.8 m)

If you are healthy

Avoid touching your eyes, nose or mouth, where germs can quickly spread; if you prefer, use a face mask in crowded settings

Practice good health habits; get enough sleep, manage your stress, eat well and drink lots of fluids

Avoid close contact with people who are sick

“Close contact” zone

If you or a member of your household has swine flu

Separate sick person

Have sick person use a separate bedroom and bathroom, if possible; clean bathroom daily with a disinfectant, wash used linens before allowing a different person to use them

Wipe down surfaces

Bacteria can live two hours or longer on tables, doorknobs, desks or other surfaces

Wear a face mask when leaving home

Have the sick person wear a surgical mask in common areas

Air travel: True or false?

Everybody who flies with an infected person will contract swine flu

False Those at risk are passengers who sit within one or two rows of a sick traveler, and only if they touch contaminated surfaces

Air travel is to blame for the rapid spread of swine flu around the globe

True People are simply more mobile than they were 30 or 40 years ago

Airplane air-conditioning systems recirculate dirty air

False Most aircraft are equipped with Hepa-type filters, the kind used by hospitals to weed out airborne bacteria and viruses