

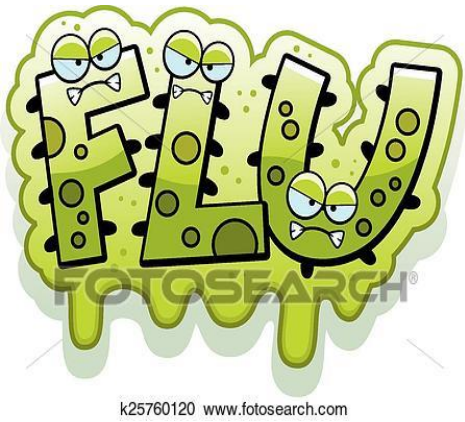
Prevention – Everyday Actions to Stop the Spread of Influenza



- Try to avoid close contact with sick people.



- Persons confirmed to have influenza are required to stay home **for seven days** following onset of symptoms per Kansas [regulation](#). According to CDC, persons with influenza are considered infectious for 5-7 days after becoming sick.



- If sick, with other febrile respiratory illnesses, stay home for at least 24 hours after fever is gone without using fever-reducing medicine.



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- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective when soap and water is unavailable.



- Avoid touching your eyes, nose or mouth. Germs spread this way.



- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

