



## **Flu A (H1N1): fundamental rules of hygiene while facing an epidemic risk**

With respect to human-to-human contamination, the virus passes through the air, in particular *via* respiratory droplets ejected during coughing (plausible safety distance : 2 meters). The virus can also be on hands of ill people and on surfaces (objects, furniture, clothes, ...).

IT IS THEREFORE ABSOLUTELY NECESSARY TO RESPECT THE FOLLOWING HYGIENIC RULES:

### **Wiping your nose, sneezing, expectoration, coughing :**

- Cover your mouth when you cough;
- Cover your nose when you sneeze;
- Wipe your nose with disposable paper tissues and discard these into pedal bins;
- If you need to spit, use disposable paper tissues and discard these into pedal bins.

### **Hygiene of your hands:**

Washing your hands with soap or using hydro-alcoholic solutions (available in pharmacies) is indispensable. Ill people and persons in contact have to repeat this carefully and frequently during the course of the day.

### **Cleaning of objects used by ill persons:**

At home, objects currently used by the ill person (towels, cutlery, clothes...) and contact surfaces (doorknobs, furniture ...) need to be cleaned frequently (with soap and hot water). Each family member needs to dispose of dedicated clothes, especially towels and toothbrushes. Dishes and clothes of the ill person can be washed together with those of the rest of the family in dishwashers and washing machines above 60°C.

### **Waste :**

At home, handkerchiefs and anti-projection masks used by ill people need to be disposed of in closable plastic bags. It is preferable to use double packaging, excluding the presence of air, in order to maintain confinement of the first bag in case of damage to the outer bag during collecting.

Thus prepared waste may be disposed of with the ordinary household garbage.