

# ILLINOIS DEPARTMENT OF PUBLIC HEALTH

## SYMPTOM MONITORING AND ISOLATION GUIDANCE FOR PEOPLE WHO HAVE SYMPTOMS AFTER EXPOSURE TO H5N1

- 1) Call your local health department right away. They will assess your symptoms and arrange for testing and treatment if necessary. See contact information for your local health department below.
- 2) Stay at home and away from others until it is confirmed that you do not have Novel Influenza from H5N1 and you are no longer infectious. People can spread infection for 5-7 days after becoming sick with the regular flu, but we do not know how long you will stay infectious after Novel Flu. Wear a mask at home if you cannot fully isolate or stay away from others. Additional isolation instructions are below.

**Stay at home:** Limit your activities outside of the home, except for getting medical care. **If you need medical care, call the facility before going so they are prepared.** Do not go to work, school, or public areas, and do not use public transportation or taxis/ride shares.

**Separate yourself from others in your home:** If you live with others or have pets, stay in a specific room or area that is away from other people and pets. If possible, use a different bathroom. If you cannot isolate in your home, wear a surgical mask when you are in common areas or are around other people.

**Take influenza antiviral medication as prescribed:** Taking the a prescription antiviral medication (eg. Oseltamivir or zanamavir) can help reduce the number of days you feel sick and how long you are contagious. It is most effective if started within the first 48 hours of when your symptoms begin.

**Wear a well-fitting mask:** If you need to interact with people in your home or go outside, wear a well fitted face mask.

**Improve ventilation: Weather permitting,** Open windows to allow in fresh air and sunlight. Keep air conditioning fans on to circulate air and portable fans directed away from other rooms or people. If available, use an air purifier with a HEPA filter.

**Cover coughs and sneezes:** Cover your mouth and nose with a tissue when coughing or sneezing, or cough or sneeze into a sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water.

**Practice good hand hygiene:** Wash hands with soap and warm water frequently (**lather for 20 seconds**), especially before touching any shared utensils or objects and after touching your face or using the bathroom. Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty.

**Monitor symptoms:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). If possible, call the healthcare provider before your medical appointment and tell them that you have, or are being evaluated for novel influenza A from H5N1. If not, let them know as soon as you arrive at the healthcare facility. This will help the healthcare provider's office take steps to make sure you get the right tests and treatment as well as keep other people from getting infected. Ask your healthcare provider to call the local or state health department to inform them of your need for medical attention.

*If you have any questions or concerns, contact the  
(insert LHD name) at (insert office number) or (insert after hours number).*