

Be Red Cross Ready

Pandemic Flu Precautions during Red Cross Training

To help minimize the risk of flu transmission, follow basic health precautions and take steps to limit your potential exposure to the flu. If you are ill, or suspect you have been exposed to the flu, stay home. Talk to your local chapter about taking the course at another time.



At the Training Site



Please advise your instructor if you have any of the following:

- fever or chills
 - sore throat
 - cough
 - runny nose (new and unexplained by allergies)
 - body aches or fatigue
 - headache
 - diarrhea or vomiting
- Stay at home until at least 24 hours after you no longer have a fever or signs of a fever. This should be determined without the use of fever reducing medications.
- Important note:** If more severe flu conditions are present, the recommended stay-at-home time may increase based on updated CDC guidance.

Common sense tips

- It's important that course participants practice hand hygiene and clean their hands frequently.
- After each skills session, please wash your hands or use hand sanitizer.
 - Disinfectant wipes are also available to wipe table surfaces or any other area that has the potential of being exposed to flu virus.
- Cover your coughs and sneezes with a tissue, handkerchief or the elbow sleeve of your shirt while also turning away from people near you.
- Place used tissues in wastebasket.
 - Wash your hands or use hand sanitizer after coughing or sneezing.
- Avoid touching your mouth, nose and eyes. Germs spread this way.
- Avoid or minimize sharing objects with others.

If hand-washing facilities are not readily available, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol.

Hand-Washing Techniques



Wash your hands with soap and water or clean them with an alcohol-based hand sanitizer.

- Wash hands for at least 20 seconds.
- This will reduce the chance of spreading flu from one person to another.

For visibly soiled hands, first wash with soap and warm water.

- When using soap and water:
- Wet hands with water and apply an amount of soap recommended by the manufacturer to hands
 - Rub hands together vigorously for at least 20 seconds, covering all surfaces of the hands and giving added attention to fingernails and surfaces where jewelry is worn
 - Rinse hands with water
 - Dry thoroughly with a disposable towel
 - Use towel to turn off faucet

For hands that are not visibly soiled, wash with soap and water, use an alcohol-based hand sanitizer (60 percent to 95 per alcohol) or do both.

- When using hand sanitizer:
- Use the amount of sanitizer directed in the instructions on the product
 - Rub thoroughly over all surfaces of the hands, including nail areas and between the fingers.
 - Continue to rub until product dries