

## Infection Control Measures in the Home

Basic infection control precautions will help limit the spread of Influenza.

- Try to keep the ill person in a separate room and away from people who are well.
- Everyone in the home should **wash their hands frequently with soap and warm water.**
- Clean, and then disinfect surfaces in the ill person's room daily.
- Washrooms should also be cleaned daily, and as needed.
- Cleaning with normal household cleaning agents is adequate, **follow label instructions thoroughly.** If you do not have cleaning agents immediately at hand you can:
  - Make a disinfection solution at home. Mix 5 millilitres (1 teaspoon) of bleach with 495 millilitres (2 cups) of water. Keep wet on the surface for 10 minutes. Make a new solution each day. Clearly label and keep container away from children.
  - For soiled dishes and eating utensils can be washed either in a dishwasher or by hand. Wash with warm soapy water, rinse, and then submerge for 45 seconds in a sink of household bleach/water solution [15 millilitres (3 teaspoons) of bleach, to 6 litres (25 cups) of water].
  - Laundry can be done normally.
- Garbage may be placed with your regular household waste for disposal. Ensure the garbage is closed and inaccessible until garbage collection day.

### References:

United States Department of Human Services. *Supplement 4 infection control* (2005, December). Retrieved March 29, 2006, from, <http://www.hhs.gov/pandemicflu/plan/sup4.html>

Toronto Public Health Unit. *Pandemic influenza plan for the city of Toronto, 3.5 use of masks, page 140* (2005, November). Retrieved March 29, 2006, from, <http://www.toronto.ca/legdocs/2005/agendas/committees/hl/hl051128/it001.pdf>