



**Administration
Environmental Health
Birth and Death Certificates**
233 West Center St.
Marion, Ohio 43302

Phone: 740-387-3604
Environmental: 740-387-2875
Fax: 740-383-2251

**Nursing
Emergency Preparedness**
98 McKinley Park Blvd.
Marion, Ohio 43302

Phone: 740-387-6520
Fax: 740-383-2546

**WIC
(Women, Infants, Children)**
217 West Center St.
Marion, Ohio 43302

Phone: 740-383-5533
Fax: 740-383-5206

MEDIA/PRESS RELEASE

FOR IMMEDIATE RELEASE- January 13, 2012

FOR MORE INFORMATION, CONTACT: Lisa Cook, PIO at (740) 387-3604, ext 222

MARION, Ohio – January 13, 2012-

Lessen the Spread of Disease in the Home

Flu viruses are mainly spread from person to person through coughing or sneezing by people with the flu. Germs can also be spread when a person touches something that has germs on it (e.g. a desk, phone, door knob) and then touches their own eyes, mouth or nose before washing their hands. All types of flu have similar symptoms that can include fever, body aches, tiredness, and cough. Although the flu and common cold have similar symptoms, the flu tends to be more severe. Marion Public Health is encouraging everyone 6 months and older to get a flu shot. Anyone interested in getting a seasonal flu shot can call Marion Public Health at 387-6520 for information.

Another common illness is norovirus commonly referred to as “the stomach flu” but it is not related to influenza or flu, which is a respiratory illness. Noroviruses are found in the stool and vomit of infected people and are highly contagious and outbreaks are common due to the ease of transmission. People can become infected by eating food or drinking liquids that are contaminated with norovirus, touching contaminated surfaces and then placing their hands in their mouth or having direct contact with an infected person. Infections with the norovirus causes gastroenteritis (inflammation of the stomach and intestines), which most commonly results in diarrhea, vomiting, nausea and stomach cramping and can lead to dehydration. People with norovirus are contagious from the moment they begin feeling ill to at least 3 days and perhaps for as long as 2 weeks after recovery, making control of the disease even more difficult. If you work in a sensitive occupation, such as health care or food preparation, please be diligent to use thorough hand washing and gloves to prevent the spread of the infection.

When providing care to a person who is sick, be sure to protect yourself and others who are not sick by washing your hands often with soap and water and following these recommendations:

Implement social distancing at home

- Keep the sick person in a room separate from the common areas of the home and keep the door closed.
- Have the sick person use a separate bathroom if possible. This bathroom should be cleaned daily with a household disinfectant such as bleach.
- Have the sick person wear a surgical mask when in a common area of the home.
- Have only one person in the home take care of the sick person if possible.

www.marionpublichealth.org

Prevent

Promote

Protect

Protect other persons in the home from becoming ill

- Ensure all persons in the home thoroughly wash their hands with soap and warm water or an alcohol-based hand sanitizer frequently. This is especially important for the sick person after coughing and/or sneezing.
- Use paper towels for drying hands after hand washing or assign each person in the home a separate cloth towel (e.g. have different colored towels for each person).

Protect yourself from becoming ill

- Avoid close, face-to-face contact with the sick person.
- Remind the sick person to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- When holding small children who are sick, place their chin on your shoulder so that they will not cough into your face.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.

Good housekeeping helps everyone

- Keep surfaces clean by wiping them down with a household disinfectant according to the directions on the product label.
- Linens, eating utensils, and dishes used by a sick person do not need to be cleaned separately, but should be washed with soap and water before being used by others in the home.