



# County of Yolo

## HEALTH DEPARTMENT

**Bette G. Hinton, M.D.**  
**Director – Health Officer**

10 Cottonwood Street, Woodland, CA 95695  
PHONE - (530) 666-8645 FAX - (530) 666-8674

### **Discharge Instructions Avian Flu**

**You have or are likely to have a contagious disease called Avian Flu. In order to prevent the spread of this disease to others, it is necessary for you to follow these instructions.**

- Follow the instructions provided by your doctor.
- Do not leave your home, except to obtain necessary medical care. Do not go to work, school, or public areas, such as churches, malls, grocery stores, or theaters. If you need urgent medical care, inform the health care professional immediately- by telephone before arriving, if possible-of your possible contagious Avian Flu condition. Non-urgent medical or dental care should be delayed until you are no longer contagious.
- Friends and relatives should not visit until 10 days after your fever and respiratory symptoms are gone and Yolo County Public Health notifies you that you are no longer contagious.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands frequently, especially after you have blown your nose, coughed, or sneezed. Household members should wash their hands with soap and water after any contact, whether or not they were wearing gloves (gloves should be disposable). Alcohol-based hand hygiene products can be used after removing gloves and when hands are not visibly soiled.
- If possible, wear a surgical mask when around other people in your home. If you can't wear a mask, the members of your household should wear one when they are around you.
- Don't share silverware, towels, or bedding with anyone in your home until these items have been washed with soap and hot water. Clean surfaces such as tabletops, doorknobs, bathroom fixtures, telephone, etc. with a household disinfectant, such as Lysol, used according to the manufacturers instructions.
- **Follow these instructions for 10 days after your fever and respiratory symptoms have gone away and Yolo County Public Health notifies you that you are no longer contagious.**

**Notify Yolo County Public Health at 530-666-8645 if there is a change in your condition or any household, family member, or other contact becomes ill.**

I understand that I may have Avian Flu. I have received and had these discharge instructions explained to me. I understand and will follow the instructions.

Signature: \_\_\_\_\_ (Name/Date)

Witnessed by: \_\_\_\_\_ (Name/Date)