

Actions to take to reduce the spread of illnesses (like the flu or seasonal colds!)

Actions to be taken by Group Leaders

- Develop and enforce regular cleaning schedule for commonly used areas: Kitchens, bathrooms, living rooms, party spaces, etc.
- Develop and enforce regular disinfectant schedule for commonly touched items in your house, such as light switches, doorknobs, handrails, countertops, remote controls, electronic equipment, faucets, etc.
- Use disposable cups & paper towels in bathrooms & kitchen
- Consistently empty garbage from common rooms and party spaces
- Ensure that your dishwasher and laundry facilities are working and clean
- Maintain supply of tissues in common rooms (with garbage nearby)
- Have alcohol-based hand sanitizers conveniently located in every common room, including party spaces and encourage use
- Place posters that encourage personal behaviors that will stop the spread of illness
- Ban sharing cups at social events (or anytime!)
- If a member is sick, excuse them from “required” activities and make arrangements for them to get any information they may have missed

Individual Behaviors to be encouraged by Group Leaders:

- Cover cough and sneeze with tissue, then immediately dispose of used tissue in the trash
- Wash hands with soap and hot water frequently throughout the day, before meals and after using the bathroom
- Choose healthy foods (creating a balanced plate)
- Maintain adequate sleep habits
- Avoid alcohol and other drugs when feeling sick or tired
- Become a Flu Buddy to members who are sick- offer to get them food and water-based drinks, help them to be comfortable in their room, be sure they get in touch with Dick’s House and their faculty & get them over-the-counter medications to ease their symptoms
- Encourage members to get seasonal flu shot and H1N1 vaccine if they qualify for it
- If someone has been told to self-isolate, encourage them to stay home. We don’t want to spread the illness in public spaces like the library, gym, dining areas, athletic practice, group meetings, rehearsals, etc.
- Role model these behaviors for your group

Resources for you:

Index page for Flu Information (FAQs), posters you can download/print and register for flu shot: <http://www.dartmouth.edu/~health/services/fluinfo>

Dartmouth College’s Preparedness site about the flu:

<http://www.dartmouth.edu/~prepare/swineflu>

For discussion:

- What changes can be made to the physical house to support health?
- Do you (as a leader) have any goals for reducing the spread of illness?
- What actions can be taken to reinforce these goals during meetings? Parties? Rush?