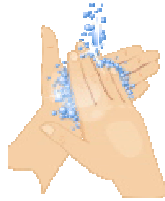


## H1N1 Flu Fact Sheet

### Prevention Tips

#### Hand Hygiene

- Wash hands frequently with soap and water for 20 seconds.
- Use hand sanitizers when water is not available.



#### Respiratory Etiquette

- Cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

#### Avoid touching your eyes, nose or mouth

- Germs are spread this way.

#### Routine Cleaning

- Clean high touch surfaces often. High touch surfaces include: Counter tops, door handles, keyboards, phones, faucets, sinks, desk tops etc.
- Use disinfectant cleaners with claims for: Influenza A. See back page for suggestions.

#### Get Vaccinated

- CDC recommends the yearly seasonal flu vaccine
- Seasonal flu vaccine will not protect you against the H1N1 flu.
- Get the H1N1 flu vaccine (when it becomes available).
- Vaccination is especially important for people at high risk of developing serious flu complications, including: Young children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

### Flu-like symptoms include:

- Fever (usually over 100.4)
- Headache
- Extreme Tiredness
- Dry Cough
- Runny or Stuffy Nose
- Muscle Aches
- Sore Throat
- Vomiting
- Sometimes Diarrhea



### If you get sick:

#### Stay home when sick

- Stay home for at least 24 hours after patient no longer has a fever, or signs of fever, without the use of fever-reducing medicines.

#### Separate ill students and/or staff

- Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home.

#### Early treatment of high-risk patients

- Early treatment with anti-viral medications is especially important for people who are very sick (hospitalized) or at increased risk of serious flu complications.
- Anti-viral drugs must be prescribed by your doctor. They are not sold over-the-counter.
- Anti-viral drugs are most effective when treatment is started within the first 2 days of symptoms.

For additional information on the H1N1 Flu, <http://pandemicflu.gov/individualfamily/about/seasonalflu/>

Wash your hands with soap and water for 20 seconds

### **Foaming Hand Washes**

- Fresh Foaming Hand Wash
- Green Isle Foaming Hand Wash
- Foaming Antimicrobial Hand Wash

### **Liquid Hand Soaps**

- Pink Hand Cleaner
- Lotionized Hand Soap
- Antimicrobial Hand Soap



When Water is Not Available

### **Sani-Foam Non-Alcohol Hand Sanitizers**

- Non-Flammable
- Proven Effective for MRSA,
- No water needed

### **Alco-Cept Foaming Alcohol Hand Sanitizer**

- Contains 62% Ethanol
- No water required
- NSF E3 Approved for Food Handlers

### **Are Hand Sanitizers Effective Against H1N1 Flu?**

Please note that all hand sanitizers (Multi-Clean's & everyone else's, including alcohol based or non-alcohol based) are registered with the FDA as "Anti-Bacterial" hand care products. This means that they can only make claims for bacteria, like MRSA, E-coli, Salmonella, Strep etc. Since H1N1 Flu, HIV-1 (AIDS), HBV are virus's, they can not be claimed on labels or literature. This does not mean that they are not effective against these virus's on hands....they are. However, they can not be listed on labels or literature.



Disinfecting High Touch Surfaces

Use disinfectant cleaners with claims for Influenza A such as:

### **Ful-Trole 64**

- Mildly Alkaline,
- Use at 2 oz/gal.
- Effective for Influenza A, HIV-1, HBV, MRSA etc.

### **Century Q 256**

- Neutral pH
- Use at 1/2 oz/gal.
- Effective for Inluenza A, MRSA, hBV
- Perfect for all surfaces.

### **Microcide TB**

- Ready-to-Use
- Effective for Influenza A with 2 minute contact time.
- Perfect for all high touch surfaces.



For additional information on the H1N1 Flu, <http://pandemicflu.gov/individualfamily/about/seasonalflu/>