

Good Hygiene  
Practices  
Reduce  
Infection Risk



## Handwashing Products

### *the first line of defense.....*

- Indulgence
  - Foaming Antimicrobial Hand Soap
  - Foaming Hand Soap
- Personal Hygiene System
  - Blue
  - E2
  - Foaming Hand Soap
  - Gold
  - Peach
  - White
- U S Chemical
  - Antisept
  - Clean 'N Soft
  - E2
  - Handy Pink

### *effective against Influenza A.....*

- Indulgence
  - Foaming Hand Sanitizer
- Personal Hygiene System
  - Clear

## Disinfectants

### *effective against Influenza A.....*

- IND/COM
    - Disinfectant Cleaner
    - Disinfectant Deodorizer
  - Misco
    - Sanifect Plus 1
    - Sanifect Plus 2
  - MixMATE
    - Disinfectant 256
    - Germicidal Cleaner
    - Shurguard Plus
    - Shurguard Ultimate
  - Quickline
    - TGIC Restroom Disinfectant Cleaner
  - U S Chemical
    - Extra
    - Lemon Cleaner Disinfectant
    - Non-Acid Restroom Cleaner Disinfectant
    - Pine Cleaner Disinfectant
    - Quat-Clean Plus
    - RTU Disinfectant Cleaner
- \*follow all product label directions

# Take Precautions Against *INFLUENZA*

## What is Influenza?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting the flu vaccine.

## Spread of the Flu Among People

Most experts believe that flu spreads mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, eyes or possibly their nose.

Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that one may be able to pass on the flu to someone else before they know they are sick, as well as while that someone is also sick.

People with influenza virus infection should be considered potentially contagious as long as they are symptomatic and possibly for up to seven days following illness onset.

## Signs and Symptoms in People

The symptoms of flu in people include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with the flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with flu infection in people. With the seasonal flu, underlying chronic medical conditions may worsen.

## Necessary Precautions-World Health Organization (WHO) Standard Recommendations

- Avoid close contact with people who appear unwell and who have fever and cough.
- Wash your hands with soap and water frequently and thoroughly.
- Practice good health habits including adequate sleep, eating nutritious food and keeping physically active.



## Necessary Precautions-Other Sources

- Cough or sneeze into your arm (inside elbow) or into a tissue (discard immediately in trash). Do not cover mouth with your hands. See your doctor if you have fever, cough, sore throat, body aches, headache, chills and fatigue, diarrhea or vomiting.
- Clean and disinfect surfaces frequently with a registered disinfectant cleaner with virucidal claims. Also products having Influenza A and/or Avian Flu specific claims can be applied.
- Viruses can survive on hard surfaces for two hours or longer; regularly clean and disinfect hard touch surfaces such as cafeteria tables, desks, door knobs, light switches, desk tops, restroom fixtures, telephones, door push plates, elevator buttons, etc.

For more information on the flu virus go to: <http://www.cdc.gov>