

FACTS AND TIPS ON HUMAN INFLUENZA

WHAT IS THE HUMAN INFLUENZA?

- ▲ A respiratory infection accompanied with fever and often respiratory complications
- ▲ Transmitted from human to human
- ▲ Most people have immunity
 - Severe cases are more frequent in immuno-compromised and elderly populations
- ▲ A flu vaccine cocktail is custom-assembled each year for the expected "flu" strains
- ▲ Each year approximately 36,000 die from the common flu in the U.S.

INFECTED INDIVIDUALS MAY AFFECT OTHERS

- ▲ One day prior to showing symptoms
- ▲ Up to seven days after symptoms first appear
- ▲ Most infectious during first three days of illness

HOW INFLUENZA IS TRANSMITTED

- ▲ Contact Transmission
 - Direct - Touching an infected human
 - Indirect - Touching an object that an infected human touched
- ▲ Droplet Transmission
 - Large droplets generated by sneezing coughing or talking
 - Occurs over a distance of 3-6 feet
- ▲ Airborne Transmission
 - Due to small droplet nuclei
 - Occurs over many feet

HOW LONG DOES THE INFLUENZA VIRUS SURVIVE ON SURFACES?

- ▲ Stainless steel and plastic
 - Survived 24-48 hours
 - Transferred to hands up to 24 hours
- ▲ Cloth, paper and tissues
 - Survived 8-12 hours
 - Transferred to hands up to 15 minutes
- ▲ Hands
 - Survived up to 5 minutes

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TOP TEN GENERAL INFLUENZA PREVENTION METHODS

MEDICAL

1. Receive a dose of the annual flu vaccination
2. Antiviral medications
 - Treatment as advised by your health care provider

NON-MEDICAL

Personal Hygiene

3. Cough Etiquette
 - Properly cover you mouth and nose with a tissue or sleeve when coughing or sneezing - see CDC "Cover your Cough" at: www.cdc.gov/flu/protect/covercough.htm start within 2 days of illness
4. Hand Washing
 - Proper Hand Washing Procedures
 - Wet hands with warm water
 - Apply soap to hands and rub hands together vigorously for 20 seconds, covering all surfaces of hands and fingers
 - Rinse hands with warm water
 - Thoroughly dry hands with disposable towel or air blower
 - Use towel to turn off faucet
 - 5. Hand Sanitizing (Alcohol rub/gel)
 - Proper Hand Sanitizing Procedures
 - Apply product to palm
 - Rub hands together covering all surfaces of hands and fingers
 - Rub until dry (15-20 seconds)
 - Use on visibly clean hands
 - Consider offering in public spaces
6. Avoid Touching Eyes, Nose and Mouth
 - Germs are often spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth

HARD SURFACE CLEANING AND DISINFECTING



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7. Clean
 - Organic material could protect the virus from sanitizers
 - Removal of the organic material is a key part of effective disinfection
8. Rinse
 - Detergents should be rinsed off to avoid dilution or inactivation of disinfectant
9. Disinfect
 - Follow directions for use on the product label of a properly EPA registered disinfectant which has claims of effectiveness against influenza viruses (as listed on the label)
 - Wipe down frequently touched surfaces with a properly registered disinfectant
 - Light and air control switches
 - Faucets and toilet flush levers
 - TV and radio controls and telephones
 - Door handles and push plates
 - Other surfaces as needed
 - Disinfect all surfaces in the bathroom that may have contacted respiratory secretions, urine or feces according to standard infection control procedures (*Carefully read and follow all product directions according to the EPA registered product label*)
10. Stay Home When You Are Sick
 - With cold or flu symptoms, stay home and get plenty of rest
 - Check with your local health care provider as needed

The information contained in this guide is in accordance with U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommendations. These recommendations are offered as a set of best practices to help lower the probability of contracting influenza type viruses.

ADDITIONAL RESOURCES

CDC "Stopping the Spread of Germs at Home, Work & School"
www.cdc.gov/flu/protect/stopgerms.htm

US Department of Health & Human Services
"Pandemic Flu Planning Checklist for Individuals and Families"
www.pandemicflu.gov/individualfamily/checklist.html

US Department of Health & Human Services
"Business Pandemic Influenza Planning Checklist"
www.flu.gov/professional/business/businesschecklist.html

US Department of Health & Human Services
"Business Pandemic Influenza Planning Checklist"
www.flu.gov/planning-preparedness/business/businesschecklist.html