

SIMPLE STEPS TO STOP THE SPREAD OF FLU GERMS

- Avoid close contact with people who are sick and, if you are sick, limit contact with others as much as possible to reduce the risk of spreading your germs.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of a fever-reducing medicine.
- Cover your nose & mouth with a tissue when you cough or sneeze & throw the tissue in the trash.
- Wash your hands often with soap and water. If not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

HOW TO CLEAN & DISINFECT TO SLOW THE SPREAD OF FLU

1. Know the difference between cleaning and disinfecting

Cleaning removes germs from surfaces or objects, lowering their numbers and, thereby, reducing the risk of spreading infection. Disinfecting kills germs on surfaces or objects. Disinfecting after cleaning can further lower the risk of spreading infection.

2. Clean and disinfect surfaces and objects that are touched often.

Such as desks, computer keyboards, phones, countertops, doorknobs, faucet handles, toys, etc.

3. Make routine cleaning and disinfecting a habit.

- Flu viruses only live for 2-8 hours after being deposited on a surface, meaning routine cleaning and disinfecting can sufficiently remove or kill the viruses. Special cleaning and disinfecting processes are not necessary or recommended (i.e., wiping down walls and ceilings, using room air deodorizers, fumigating).
- Always follow label directions on cleaning products and disinfectants.
- If an EPA-registered disinfectant is not available, use a fresh chlorine bleach solution by adding 1 tablespoon of bleach to 1 quart of water, then applying the solution to the surface with a cloth. Let it stand for 3 to 5 minutes then rinse the surface with clean water
- Use disinfecting wipes on electronic items that are touched often, such as phones and computers. Pay close attention to the directions, as it may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time. Make sure the electronics can withstand the use of liquids for cleaning and disinfecting.
- Eating utensils, dishes, and linens used by sick persons do not need to be cleaned separately, but they should not be shared unless they've been washed thoroughly. Eating utensils should be washed in a dishwasher or by hand with soap and water; bed sheets, towels, and other linens should be washed as you normally do with household laundry soap. Be sure to wash your hands with soap and water after handling soiled dishes and laundry items.