

## **INFLUENZA A VIRUS (H1N1) OUTBREAK PUTS FACILITIES ON HIGH ALERT**

*Now More Important Than Ever for People to Follow  
Proper Hygiene Routines Recommended by CDC*

The declaration of a public health emergency in the U.S. due to Influenza A (H1N1), also known as "swine flu," has caused concern among people and institutions across the country. However, low-cost, basic hygiene routines can help protect against Influenza A (H1N1) and other infectious diseases.

The current strain of Influenza A virus (H1N1 strain) can be spread from human to human and surface to human. While it has yet to be determined how exactly the current strain of Influenza A (H1N1) is spreading, influenza is normally spread through the air via droplets expelled from the mouth when an infected person talks, coughs or sneezes. Droplets can land on surfaces or hands and easily spread to others. According to the Centers for Disease Control Ounce of Prevention Initiative, there are simple, inexpensive steps that people can take every day to help minimize their risk of contracting viruses of this nature, and infectious diseases year-round.

- **Wash your hands:** Thoroughly wash your hands throughout the day with soap and water for 20 seconds, making sure to scrub underneath the nails and the back of the hands. If soap is not readily available, use a hand sanitizer.
- **Disinfect surfaces:** Regularly disinfect the frequently-touched surfaces in your facility with a disinfectant to prevent viruses from spreading from surfaces to people.
- **Avoid close contact with people who are sick:** If you yourself are ill, stay home to avoid spreading germs to those around you.

Many LYSOL® Disinfectant products are effective against strains of Influenza A virus and specifically the H1N1 strain.

To learn more about how to help protect your facility from Influenza A (H1N1) and simple routines to prevent infectious diseases year-round, visit:

- Lysol tips, tools and products: [www.reckittprofessional.com](http://www.reckittprofessional.com) or [www.lysol.com](http://www.lysol.com)
- CDC Ounce of Prevention Initiative: [www.cdc.gov/ounceofprevention](http://www.cdc.gov/ounceofprevention)
- Centers for Disease Control Swine Flu: [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)
- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/index.html>