

Influenza A (H1N1) – Frequently Asked Questions

Q: What is influenza A (H1N1), also known as "swine flu"?

A: According to the CDC, influenza A (H1N1) is a respiratory disease typically found in pigs. While it is not typical for humans to contract influenza A (H1N1), human infections occasionally do happen.

Q: Where do these current human cases of influenza A (H1N1) stem from?

A: According to the CDC, human infections with influenza A (H1N1) were first reported in late March/ early April 2009 in Southern California and San Antonio, Texas. The original source of the infection is unknown.

Q: Is the current strain of influenza A (H1N1) contagious?

A: Yes, the CDC has determined that this influenza A (H1N1) strain is contagious and can spread from human to human.

Q: How does influenza A (H1N1) flu spread?

A: It has yet to be determined how exactly the current strain of influenza A (H1N1) is spreading, but flu is normally spread through the air via droplets expelled from the mouth when an infected person talks, coughs or sneezes. These droplets often land on hands and adjacent surfaces. Following proper hygiene routines can help prevent the spread of illness.

Q: How can you protect against influenza A (H1N1)?

A: Like all viruses, the best way to help prevent the spread of infection is to follow proper hygiene routines. These include routines recommended by the CDC Ounce of Prevention Initiative:

- 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 frequently-touched surfaces in your workplace with a disinfectant to prevent viruses from spreading from surfaces to people.
- Avoid close contact with people who are sick. And if you yourself are ill, stay home to avoid spreading germs to those around you.

Q: Does LYSOL® kill influenza A (H1N1)?

A: Many LYSOL® Disinfectant products are effective against the H1N1 strain of influenza A virus, including Professional LYSOL® Disinfectant Spray, LYSOL® Disinfecting Wipes, LYSOL® All Purpose Cleaner Pourables, LYSOL® All Purpose Cleaner Triggers, and Professional LYSOL® Antibacterial Kitchen Cleaner.

In addition, other LYSOL® Disinfectant products are effective against other strains of influenza A Virus. EPA believes, based on available scientific information, that products currently registered for influenza A virus will be effective against the 2009-H1N1 flu strain and other influenza A virus strains on hard, non-porous surfaces.

Q: Where can you go for more information?

- Tools and tips: www.reckittprofessional.com or www.lysol.com
- EPA: <http://www.cdc.gov/h1n1flu/>
- Centers for Disease Control Ounce of Prevention: www.cdc.gov/ounceofprevention.
- Centers for Disease Control Swine Flu: http://www.cdc.gov/swineflu/swineflu_you.htm
- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/index.html>

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