

GREAT KIDS

GREAT SCHOOLS

H1N1 PROTECTION

**Protecting the Learning
Environment**

H1N1 PROTECTION

- Currently, over 500 disinfectant products are registered for use on hard, non-porous surfaces against **Influenza A** viruses.
- Choose a product whose label states that it is effective against "Influenza A virus" and lists your specific site of concern, such as: farm premises, hospitals and other healthcare facilities, schools, offices or homes.
- Your first line of defense is to wash your hands frequently with soap and water or use an alcohol-based cleaner.



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Questions On H1N1

- **Is novel H1N1 virus contagious?**
It has been determined that novel H1N1 virus is contagious and is spreading from human to human.
- **How does novel H1N1 virus spread?**
Spread of novel H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.
- **What are the signs and symptoms of this virus in people?**
The symptoms of novel H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.
- **How long can an infected person spread this virus to others?**
People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.
- **How long can influenza virus remain viable on objects (such as books and doorknobs)?**
Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

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What can I do to protect myself from getting sick?

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. **Alcohol-based hand sanitizers** are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, **stay home** except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.
- **What is the best technique for washing my hands to avoid getting the flu?** Washing your hands often will help protect you from germs. Wash with soap and water or clean with **alcohol-based hand sanitizers**. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

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- **What kills the H1N1 virus?**

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

- **How should waste disposal be handled to prevent the spread of H1N1?**

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste. For the custodians, when dumping trash cans, use disposable gloves to protect yourself.

- **What cleaning should be done to prevent the spread of H1N1 virus?**

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a disinfectant according to directions on the product label. Door knobs, counters, door frames, computer keyboards, telephones should be disinfected daily with an approved disinfectant.

