

FACT SHEET

WHAT IS INFLUENZA

Influenza, commonly referred to as “flu” or “seasonal flu,” is a virus that causes a common respiratory infection with fever and often respiratory complications that is easily passed from person to person. Severe cases occur more frequently in immunocompromised and elderly populations.

3,000-49,000 deaths

annually in the United States depending on the severity of the **FLU SEASON.**

Source: Center for Disease Control

Learn more: ecolab.com/influenza

Influenza can spread **BEFORE** and **AFTER** symptoms are present

Source: Center for Disease Control

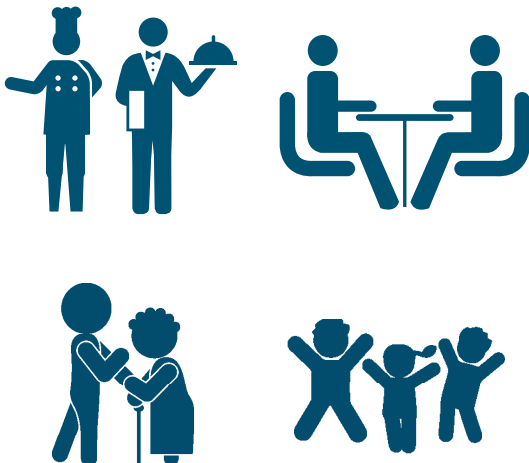
SYMPTOMS

Source: Center for Disease Control

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches

HOW INFLUENZA SPREADS

FLU IS SPREAD BY PEOPLE



FLU IS SPREAD BY DROPLETS



MADE WHEN PEOPLE WITH FLU COUGH, SNEEZE OR TALK.

DROPLETS MAY BE SPREAD OVER A DISTANCE OF 3-4 FEET

FLU IS SPREAD BY TOUCHING



CONTAMINATED PEOPLE, OBJECTS OR SURFACES

FLU VIRUSES ENTER THE BODY



THROUGH YOUR NOSE, EYES AND MOUTH



➔ **Learn more:** ecolab.com/flu-prevention

PREVENTION

▶ TAKE ACTION

Know your flu facts.

Get access to educational & procedural information.



People with influenza **should not prepare food** or serve beverages for others until their **symptoms have resolved**.



Encourage people to:

- Stay home
- Get plenty of rest
- Check with local health care provider as needed

FACT: Patients are most infectious during the **first three days** of illness.



Frequent handwashing.

Thoroughly wash **hands & exposed portions of arms** with soap & warm water

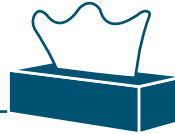
for at least



seconds.

Use designated handwashing sink.

Properly **cover your mouth** and nose with a **tissue** or **sleeve** when coughing or sneezing



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**



▶ CLEAN THOROUGHLY & ROUTINELY

CLEAN & DISINFECT

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 **high touch point surfaces** in the bathroom, including those exposed to urine, feces or areas where people cough and sneeze according to standard infection control procedures.



➔ **Learn more:** ecolab.com/flu-prevention


RESPONSE


Simple steps to keep you safe


1. Report any suspected illnesses to management


2. Follow local public health guidelines for influenza 

3. Send home infected individuals

4. Stock disinfectant products registered to be effective against influenza virus 

5. Clean & sanitize following warewashing standards for contaminated ware 

6. Disinfect “high-touch” surfaces with a product EPA-registered as effective against influenza virus 

7. Diligently practice infection prevention, including washing hands frequently and use gloves when handling food 

Reference specific cleaning & disinfecting procedures for each step



➔ **Learn more:** ecolab.com/flu-prevention