

# Flu Season Preparation

The flu is a virus and is treated as a “droplet precaution” within healthcare settings, which means the sneeze or cough of an individual with the flu can spread it through airborne droplets. These droplets can stay in the air for several minutes, which creates the need for wearing a surgical mask when coming within three feet of contact with someone who has the virus. These masks can often be found in handwashing stations while entering a healthcare setting, at the doorway of any precaution room, at the entrances of most airports and sometimes even in mall entranceways.

The flu season is October through May, with the peak of cases occurring in February each year. It is important to prepare your workplace, home and family for the flu season. Below are a few quick tips to help protect yourself, your coworkers, and your family against the flu.

- 1 Get the Flu Shot**

There are many versions of the flu, and your shot will typically protect against the few most common strands that are to be present in your geographic area. It is not a guarantee to prevent the flu, but it is an effective tool in preventing rampant spread. Speak with your doctor about seeing if the flu shot is right for you.
- 2 Don't Spray and Wipe**

People tend to clean by spraying on a disinfectant and wiping the surface very quickly. Most disinfectants have dwell times of several minutes, so it is not as effective. Instead, we recommend saturating a microfiber wipe and applying the solution directly to each surface. The chemicals may not penetrate the soil to disinfect the surface. Disinfect and remove the soil first, then disinfectant the surface again if the surface still has soil.
- 3 Wash Your Hands**

Throughout the day, wash your hands with warm soap and water. When entering and exiting high-traffic locations, it is particularly important. Always wash your hands thoroughly before eating any food.
- 4 Avoid Touching Your Eyes, Nose, or Mouth**

After shaking hands with others, do not touch your eyes, nose, or mouth until you have washed or sanitized your hands. These areas will allow the virus to infect your body quickly.
- 5 Disinfect Shopping Carts**

Most shopping centers will have effective disinfectant disposable wipes at the entrance where you may liberally apply the wipes to the carts.
- 6 Do Not Share Food or Drinks**

Sharing cups, utensils and even food can easily spread the virus. The flu is communicable, so you or someone else could actively have the flu and not even know it.
- 7 Disinfect High-Touch Areas**

Regularly disinfect high-touch areas in your home and workplace. Standard quat cleaners are not effective against all versions of the flu, so we recommend using a tuberculocidal or disinfectant with multiple viral flu kill claims.

If you start experiencing flu-like symptoms, we advise you to consult a doctor for medical advice. Please do not go to work, school, or public areas, because the best way to prevent flu spread is to keep it out of high-traffic locations. You may feel tougher than most, but others who get exposed may not be. We want everyone to be safe and healthy.