

H1N1 FLU AND YOU: CONTAMINATION AND CLEANING

How long can Influenza virus remain viable on objects (such as books, doorknobs , desks)?

Studies have shown that influenza virus can survive on environmental surfaces and infect a person 2-8 hours after being deposited on the surface.

What kills Influenza virus?

Influenza virus is destroyed by heat (167-212 degrees Fahrenheit). 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, the wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled 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.

What school-wide cleaning should be done to prevent the spread of Influenza virus?

It is very important to keep surfaces, especially tables, desks, chairs, countertops, computer keyboards, toys, cafeteria tables, bathroom areas, etc clean by wiping them down **thoroughly** with a proper cleaning material listed above accordingly.