

Novel H1N1 Flu Virus



Prevention:

- Cover your nose and mouth when you cough or sneeze with the sleeve or inside of your shirt
- Wash your hands regularly with soap and warm water (15 to 20 seconds) or use an alcohol based gel (rub until gel is dry)
- Avoid touching your eyes, nose and mouth
- Try to avoid close contact with sick people
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom free for 24 hours, whichever is longer.

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Contamination and Cleaning

- Studies show that the flu virus can live on a surface and infect a person for up to 2-8 hours after being deposited.
- The virus can be destroyed by heat (167-212 °F)
- Germicides including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine based antiseptics), and alcohols are effective if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol can be used to clean hands and gels should be rubbed into hands until dry.
- At home, make sure to wipe down beside tables, bathroom surfaces, kitchen counters and tables and toys with household disinfectants according to directions on product label.