

H1N1 Influenza (Swine Flu) Update

May 1, 2009

There has been a great deal of news coverage regarding the recent outbreak of swine flu. On April 26th the Department of Health and Human Services issued a public health emergency declaration in response to recent infections. On April 30th the World Health Organization (WHO) raised the phase for pandemic alert from Phase 4 to Phase 5. This phase is characterized by human-to-human spread of the virus into at least two countries in one WHO region.

The Centers for Disease Control and Prevention and the World Health Organization recommend these everyday preventative actions to keep healthy:

- Practice good health habits including adequate sleep, eating properly, and keeping physically active.
- Wash your hands often with soap and water, especially if you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid close contact with people who are sick.
- If you are sick, limit your contact with other people as much as possible. It is considered prudent for people who are ill to delay international travel and seek medical attention if you develop symptoms of influenza-like illness.
- Cover your nose and mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, or mouth to reduce the spread of germs.

In addition to practicing good hygiene, consider additional cleaning and make certain family, coworkers, visitors and customers have an adequate supply and easy access to the essentials - tissues, soap, paper towels, and hand sanitizers. Encourage those around you to wash their hands often. Proper hand washing is one of the best ways to remove germs from hands. If soap and water are not readily available, alcohol based hand sanitizers are also effective.

Links from Healthcare Organizations

- [Swine Flu FAQs](#)
- [Centers for Disease Control and Prevention Daily Updates](#)
- [World Health Organization Daily Updates](#)
- [An Explanation and Chart of World Health Organization Alert Phases](#)
- [Association for Professionals in Infection Control and Epidemiology Daily Updates](#)
- [IFMA Pandemic Preparedness Manual](#)

Helpful Information and Resources from Network Preferred Suppliers

- GOJO
 - [Swine Flu Newsletter](#)
 - [Hand Hygiene Posters](#)
- [SCA Tork](#)
- [P & G](#)
- [Clorox](#)

- [JohnsonDiversey](#)
- Ecolab
 - [Hospitality](#)
 - [Foodservice](#)
 - [Commercial Facilities](#)
- [Kimberly-Clark](#)