

## 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 young children, immunocompromised and elderly populations.

**15,000-70,000 deaths**

annually in the Europe depending on the severity of the

**FLU SEASON.**

<https://www.ecdc.europa.eu/en/seasonal-influenza/facts/factsheet>

Learn more: [ecolab.com/influenza](http://ecolab.com/influenza)

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

Source: Center for Disease Control

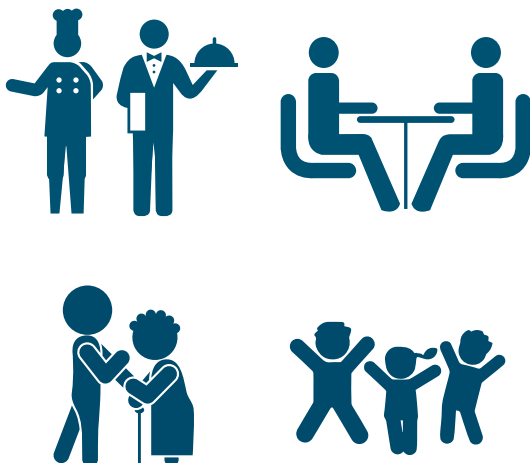
### SYMPTOMS

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](http://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

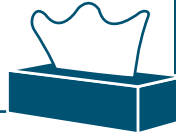
for at least



**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](http://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](https://ecolab.com/flu-prevention)