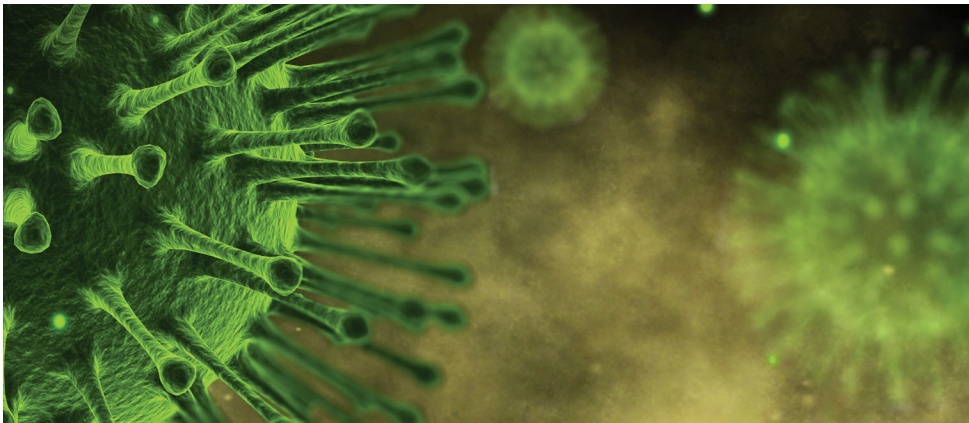


Influenza (the Flu)

A contagious illness affecting approximately 12,000 Canadians each year¹



What Is It?

Influenza (the flu) is an extremely contagious respiratory illness caused by influenza A or B viruses. It spreads from person to person, can cause mild to severe illness and, in some cases, can lead to death. Flu appears most frequently in winter and early spring.

Symptoms and Treatment

Symptoms of the flu and the common cold are a lot alike, but they are more severe with the flu. Symptoms may include: fever, chills, cough, sore throat, runny or stuffy nose, body aches, headaches, and fatigue. Fever, body aches, extreme tiredness and cough are more common and intense with the flu. The flu can also result in other serious health problems such as pneumonia and bacterial infections, and can require hospitalization. Doctors are able to administer a flu test within the first few days of illness to determine whether someone has the flu. Antiviral drugs are sometimes prescribed by doctors for patients with the flu.

How Do Flu Viruses Spread?

A simple cough or sneeze can spread the flu from person to person. It can also spread when a person touches something with the flu virus on it, like a door handle or a desk, and then touches his or her mouth or nose.² Studies have shown that influenza viruses can survive on surfaces up to 48 hours.³ A person can be infected with the flu and not realize it for a few days. In fact, someone can be contagious even before symptoms are evident.

How Can I Help Prevent the Spread of the Flu Virus?

- ▶ Encourage vaccinations
Vaccination is the best protection against contracting the flu.
- ▶ Practice proper hand hygiene.
Wash hands carefully and frequently with soap and water. Alcohol-based hand sanitizers containing at least 62% alcohol are also effective.
- ▶ Ensure frequent cleaning and disinfecting of commonly touched surfaces.
- ▶ Use Health Canada-registered disinfectants with an influenza claim.
- ▶ Cough or sneeze into elbows.
Avoid coughing or sneezing into hands, which are more likely to spread bacteria and the flu virus through touch.
- ▶ Stay home. Encourage those who are sick to stay home and limit contact with others.

Approximately 3,500 Canadians die of the flu each year, making it one of the 10 leading causes of death in Canada.¹

1. Public Health Agency of Canada. Statement on Seasonal Influenza Vaccine for 2014-2015. <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/statement-on-seasonal-influenza-vaccine-2014-2015.html>.

2. New York State Department of Health, www.health.ny.gov/publications/7110/

3. Kramer, A., Schwebke, I., & Kampf, G. (2006). How long do nosocomial pathogens persist on inanimate surfaces? A systematic review. *BMC Infectious Diseases*, 6, 130.

These Products Kill the Flu Virus*

Clorox offers a full line of products that are effective against the flu virus* on a variety of hard, nonporous surfaces.

CLOROX ITEM NO.	PRODUCT DESCRIPTION	QTY.	KILLS FLU VIRUS IN
GENERAL DISINFECTING			
	01383 Clorox® Germicidal Bleach Concentrated, 3.58 L.	ea.	5 min
	01272 Clorox® Clean-Up® Disinfectant Cleaner with Bleach, Trigger spray, 946 mL.	ea.	30 sec
	01172 Clorox® Clean-Up® Disinfectant Cleaner with Bleach, Refill, 3.78 L.	ea.	30 sec
	01292 Clorox® Disinfecting Wipes, Lemon Fresh Scent, 75 ct.	ea.	15 sec
	01169 Clorox® Disinfecting Wipes, Fresh Scent, 75 ct.	ea.	15 sec
	01693 Clorox® Disinfecting Bio Stain & Odour remover, 946 mL.	ea.	30 sec
HEALTHCARE DISINFECTING			
	01671 Clorox Healthcare® Fuzion® Cleaner Disinfectant Spray, 946 mL.	ea.	1 min
	01557 Clorox Healthcare® Bleach Germicidal Wipes, 150 ct.	ea.	1 min
	01308 Clorox Healthcare® Bleach Germicidal Wipes, 70 ct.	ea.	1 min
	01416 Clorox Healthcare® Bleach Germicidal Cleaner, Pull-top, 946 mL.	ea.	1 min
	01686 Clorox Healthcare® VersaSure™ Alcohol-Free Cleaner Disinfectant Wipes. 150 ct.	ea.	30 sec

* Influenza A virus. Use as directed on hard, nonporous surfaces

