

# Recommended products for use against Influenza

Good Hygiene Practices Reduce Infection Risk

## What is Influenza?

Influenza, commonly referred to as the flu, is an infectious disease that can affect birds and mammals. It is often confused with other influenza-like illnesses, especially the common cold, but influenza is a more severe disease than the common cold and is caused by a different type of virus.

## Signs and Symptoms in People

The most common symptoms of the disease are chills, fever, sore throat, muscle pains, severe headache, coughing, weakness/fatigue and general discomfort. Influenza may even cause nausea and vomiting, particularly in children. In more serious cases, influenza causes pneumonia, which can be fatal, particularly for the young and the elderly.

It is also worth noting that Influenza may cause a worsening of underlying chronic medical conditions.

## Necessary Precautions – WHO Standard Recommendations

- Avoid close contact with people who appear unwell and who have fever and coughs
- Wash your hands with soap and water frequently and thoroughly
- Practice good health habits including getting adequate sleep, eating nutritious food, and keeping physically active

## Necessary Precautions – Other Sources

- Cough or sneeze into your arm (inside elbow) or into a tissue, (discard immediately in rubbish bin). Do not cover your mouth with your hands. See your doctor if you have fever, cough, sore throat, body aches, headache, chills and fatigue, diarrhoea or vomiting.
- Clean and disinfect surfaces frequently with a registered disinfectant cleaner with virucidal claims. Also products having Influenza A, Swine Flu and/or Avian Flu specific claims can be applied.
- Viruses can survive on hard surfaces for two hours or longer; regularly clean & disinfect high touch surfaces such as cafeteria tables, desks, door knobs, light switches, desk tops, restroom fixtures, telephones, door push plates, lift buttons etc.

Please inform your supervisor and HR in case you suspect a case of Influenza

## Diversey's Recommended Products For Use:

### Soft Care Med+

- 70% Alcohol Gel for hand disinfectant



### Oxivir

- Oxygen-based disinfectant
- Effectively destroys pathogens such as H1N1 "Swine Flu", MRSA, Hepatitis C and Norovirus



### Suma Bac D10

- Detergent/Disinfectant for all surfaces in Food Premises
- Also effective against a wide spectrum of micro-organisms



### Titan Sanitiser Powder

- A chlorinated powder for high level disinfection of hard surfaces
- Cleaning and disinfection in one step

