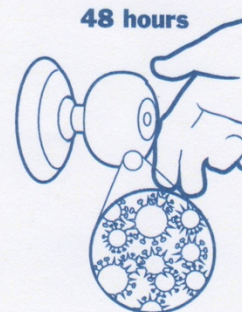


# INFLUENZA (FLU) Cleaning to Prevent the Flu

## Cleaning to Prevent the Flu

### How long can the flu virus live on objects, such as doorknobs and tables?

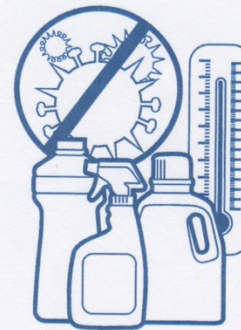
The flu virus can “live” on some surfaces for up to 48 hours. Routine cleaning of surfaces may reduce the spread of flu.



### What kills flu viruses?

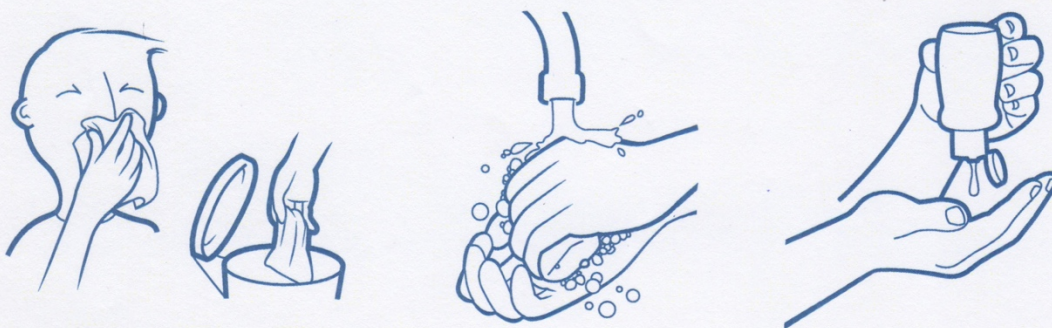
Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



### How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# KNOW THE SYMPTOMS:

## CORONAVIRUS

- Fever
- Dry cough
- Shortness of breath
- Fatigue

## FLU

- Fever
- Cough
- Runny nose
- Body aches
- Headache
- Sore throat
- Fatigue

## ALLERGIES

- Itchy eyes
- Congestion
- Runny nose
- Sneezing
- Coughing

SOURCE: CDC

# SOCIAL DISTANCING:

## What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	Use Caution	Safe to DO
Group Gatherings Sleep Overs Playdates Concerts Theatre Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your House Non-essential workers in your house Mass Transit Systems	Visit a local Restaurant Visit Grocery Store Get Take Out Pick up Medications Play Tennis in a Park Visiting the Library Church Services Traveling	Take a Walk Go for a Hike Yard Work Play in your Yard Clean out a Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chats Stream a favorite show Check on a Friend Check on Elderly Neighbor

## Keeping the home safe

Encourage your family members to...

### All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

### Households with vulnerable seniors or those with significant underlying conditions



*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system*

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

### Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

What every American and community can do now to decrease the spread of the coronavirus