



# H1N1 Influenza A

(Swine Flu)

**Q. Do you have any products to protect against /or / prevent someone from catching H1N1 Influenza A (Swine Flu)?**

**A.** The best precaution to help prevent the spread of the flu is frequent and thorough HAND WASHING with any of our liquid, foam, or spray hand cleansers. Antibacterial products are not required, but may be used as a matter of personal preference.

**Q. Can I use alcohol based hand sanitizers?**

**A.** As a supplement to frequent and thorough hand washing, hand sanitizers can be used.

**Q. What is H1N1 Influenza A (Swine Flu)?**

**A.** Swine Flu is caused by type A influenza viruses. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

**Q. Where can I get more information?**

**A.** For more information, please visit [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

# H1N1 Influenza A FAQs

(Swine Flu)

## 1. What should I do to keep from getting the flu?

First and most importantly: **WASH YOUR HANDS**

- Apply hand cleaner to hands.
- Wet hands with warm water and work soap into lather.
- Vigorously rub together all surfaces of lathered hands, including fingers, nails and around cuticles for at least 15 seconds. This is the most important step: the friction will help remove dirt and microorganisms.
- Rinse hands thoroughly under running water to remove all lather.
- Dry hands thoroughly with paper towel.

Other precautions stated by the Centers for Disease Control:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Alcohol-based sanitizers may also be used as a supplement to proper hand washing.

## 2. What is H1N1 Influenza A (Swine Flu)?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

## 3. Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

## 4. What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

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