



# WHAT YOU CAN DO to protect against the threat of Swine Flu

## Effective Zep® products & flu prevention techniques can be used to combat viruses



November 6, 2009 - Forty-eight states are reporting widespread influenza activity at this time. Almost all of the influenza viruses identified so far are 2009 H1N1 influenza A viruses. The proportion of deaths attributed to pneumonia and influenza (P&I) based on the 122 Cities Report has increased and has been higher than what is expected at this time of year for four weeks now.

It's clear that we all need to continue to do everything we can to prevent Influenza A (H1N1) from spreading throughout our communities and workplace.

The good news: Zep® offers a number of highly effective, alcohol-based hand sanitizers, hand soaps and hard surface disinfectants.

The more you know about Swine Flu, the better you can protect yourself, your employees, customers, students, guests, and anyone else in your workplace or facility.



### How does Swine Flu spread(1)?

Swine influenza A (H1N1) virus spreads the same way as seasonal influenza. Flu viruses are spread mainly from person-to-person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something contaminated with flu viruses and then touching their mouth or nose.



### How long can viruses live outside the body(1)?

Some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs and desks. Washing your hands often will help you reduce the chance of getting contamination from these common surfaces.



### What is the single best way to keep from getting sick with flu?

In addressing the recent concern over Swine Flu, the CDC continues to send a clear message: One of the best ways people can protect themselves from Swine Flu (as well as other diseases) is through frequent hand washing and/or sanitizing.

### Here are the key preventative steps to protect yourself and others from Swine Flu(1):

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol and non-alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people, and stay home until 24 hours after your fever breaks if you become sick.

### What is the right way to wash your hands to effectively remove germs?

The CDC offers this Proper Hand Washing Technique: Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. Wash your hands with soap and warm water for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.



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### **Which Zep hand soaps and alcohol-based sanitizers are recommended?**

#### **Zep Hand Soaps:**

Zep GreenLink Blue Sky (PROD. #0769)

Zep GreenLink Tranquil Meadows (PROD. #0947)

#### **Zep Alcohol Based Hand Sanitizers:**

Alcohol Foam San (PROD. #1014)

Instant Hand Sanitizer (PROD. #0878 & 0908 - 4 oz. bottle)

Alcohol Gel Instant Hand Sanitizer (PROD. #0878)

Alcohol Spray Sanitizer (PROD. #0900)

Hand Sanitizing Wipes (PROD. #1405)

#### **Zep Non-Alcohol Hand Sanitizers:**

Foam San (PROD. #0880)

Foamy Sanz (PROD. #0879)



### **What about disinfecting surfaces people often touch?**

CDC is not stating that a disinfectant should have a specific Swine Influenza A (H1N1) claim but a household disinfectant is recommended for cleaning hard nonporous surfaces(2).

### **Zep offers a number of disinfectants for hard surfaces that kill Influenza A or A2, including:**

DZ-7 (PROD. #7520)

Apriza 2 (PROD. #1251)

Tackle (PROD. #1023)

Triton (PROD. #1215)

Zepynamic A (PROD. #0110)

FS Amine Z (PROD. #1700)

Spirit II (PROD. #0679)

#### **Other disinfectant products for surfaces:**

Clean'Ems Disinfectant Wipes (PROD. #1413)

Clean'Ems Spirit II Disinfectant Towels (PROD. #1443)

### **How can Zep products be purchased?**

Contact your Zep representative or call 1-877 I BUY ZEP (1-877-428-9937).

#### **Ref:**

(1) [http://www.cdc.gov/swineflu/guidance\\_homecare.htm](http://www.cdc.gov/swineflu/guidance_homecare.htm)

(2) [http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)