

# Seasonal and H1N1 Flu Tips: Cleaning Surfaces at Home, School, and Work

The H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC). We encourage you to keep up-to-date by visiting [www.cdc.gov](http://www.cdc.gov). The following information can be used for seasonal flu and H1N1 flu.

**This fact sheet, edited from [www.flu.gov](http://www.flu.gov), explains how cleaning and disinfecting surfaces in homes and public places (like schools) can help to prevent the spread of pandemic flu.**

- Follow label instructions carefully when using disinfectants and cleaners.
- Clean and disinfect hard surfaces like kitchen countertops, tabletops, desktops, and bathroom surfaces.
  - Clean the surface with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs).
  - Another way to do this is to wash the surface with a general household cleaner (soap or detergent), rinse with water, and follow with a disinfectant. This method should be used for visibly dirty surfaces.
  - Use disinfectants on surfaces that are touched often.
- Clean and disinfect surfaces touched by more than one person, like doorknobs, refrigerator door handles, and microwaves.
  - Clean with a combination detergent and disinfectant product. Or use a cleaner first, rinse the surface thoroughly, and then follow with a disinfectant.
  - Use sanitizer cloths to wipe electronic items that are touched often, such as phones, computers, remote controls, and hand-held games.
  - Use sanitizer cloths to wipe car door handles, the steering wheel, and the gear shift.



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## USE RECOMMENDED LAUNDRY PRACTICES

- Gently gather soiled clothing, bedding, and linens without creating a lot of motion or fluffing; for example, do not shake sheets when removing them from the bed. Try to hold them away from your body.
- Clean your hands after handling soiled laundry items.
- Use washing machine cycles, detergents, and laundry additives (like fabric softener) as you normally do; follow label instructions for detergents and additives.
- Dry the cleaned laundry items as you normally do, selecting the dryer temperature for the types of fabrics in the load. Line- or air-drying can be used to dry items when machine drying is not indicated.
- Clean your hands before removing clean laundry from the washer or dryer, especially if you have coughed or sneezed on your hands.

## USE RECOMMENDED WASTE DISPOSAL PRACTICES

- Toss tissues into waste baskets after they have been used for coughs, sneezes, and blowing your nose. Then wash your hands.
- Place waste baskets where they are easy to use.
- Avoid touching used tissues and other waste when emptying waste baskets.
- Clean your hands after emptying waste baskets.

## PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

- Stay informed – [www.cdc.gov](http://www.cdc.gov) or [www.medinahealth.org](http://www.medinahealth.org).
- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared – have an emergency preparedness kit and plan at home.
- Get your seasonal flu shot. Contact the Medina County Health Department, Division of Public Health Nursing, for more details, or check our website for the latest flu clinic schedule.



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