

CLEAN & DISINFECT

Studies have shown that influenza virus can survive on environmental surfaces, like books and doorknobs, and can infect a person for 2 to 8 hours after being deposited on the object.

- 1** To prevent the spread of influenza virus it is important to keep surfaces (bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.
- 2** Influenza virus is killed by chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodine-based antiseptics, and alcohols. These chemicals are effective against human influenza viruses if used in proper concentration for a sufficient length of time.
- 3** Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
 - Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contamination and wash your hands after handling dirty laundry.
 - Eating utensils should be washed either in a dishwasher or by hand with water and soap.



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