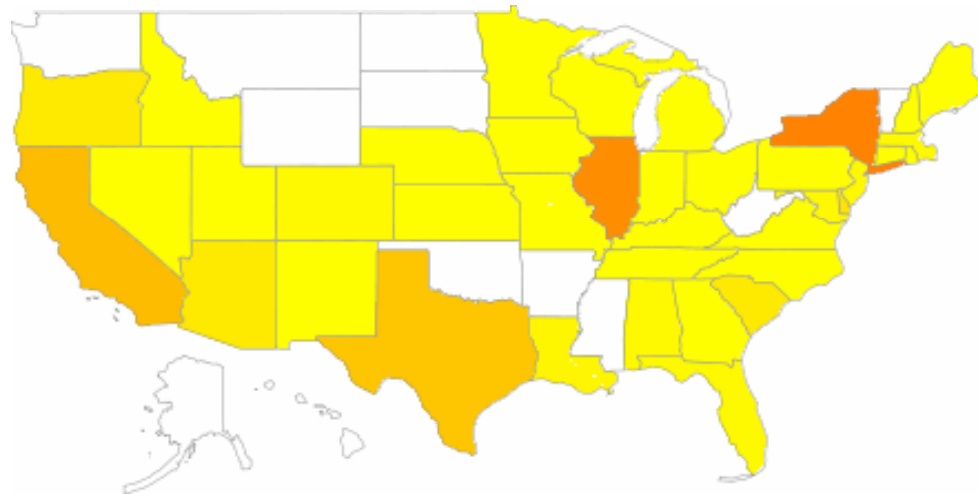


2009 H1N1 Flu Outbreak



BETCO® **INNOVATIVE**
CLEANING TECHNOLOGIES



What is Swine Flu?

Swine Influenza

Swine flu is a respiratory disease of pigs caused by type **A influenza virus** that regularly causes outbreaks of influenza in pigs.

Swine influenza viruses may circulate among swine throughout the year - most occurring during the late fall and winter months.



How many swine flu viruses are there?

There are a number of **Swine Flu viruses** ...

Swine Flu viruses **change constantly**

- Pigs can be infected by avian influenza and human influenza viruses.
- When influenza viruses from different species infect pigs, the viruses can reassort (swap genes), and new viruses that are a mix of swine, human and/or avian influenza viruses, can emerge.
- Different variations of swine flu viruses have emerged. At this time, there are **four main influenza** type A virus subtypes that have been isolated in pigs: H1N1, H1N2, H3N2, and H3N1. However, most of the recently isolated influenza viruses from pigs have been 2009 H1N1 viruses.
- The current outbreak is officially known as the 2009 H1N1 Flu.

H1N1 Symptoms

- Common symptoms include fever, headache, tiredness, cough, sore throat, runny nose, body aches, diarrhea, and vomiting. Nearly all persons with flu will have at least two of these symptoms.
- The high risk groups for novel H1N1 flu are not known at this time but it's possible that they may be the same as for seasonal influenza.
 - Higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV).

Spread of H1N1

H1N1 is spread primarily through contact with an infected person like the common flu.

Routes of transmission are mainly through coughing or sneezing. Also, the virus can survive on contaminated surfaces for up to 2 hours.



Of course, avoid contact with infected pigs or environments contaminated with the virus.

Myths and Facts

Myth: Swine Flu is a new disease.

Fact: The first swine flu epidemic was in 1918. This 2009 H1N1 virus is unique. It is a combination of swine, human and avian flu viruses.

Myth: I have to take steps beyond the normal flu precautions.

Fact: The CDC recommends normal flu precautions as preventative measures.

Myth: I can get the swine flu from eating pork.

Fact: You cannot get the swine flu from eating pork. The most common transmission route is similar to the common flu. Influenza is spread mainly person-to-person through coughing or sneezing of infected people.

Myth: I can have no symptoms of the flu and be a carrier of the disease.

Fact: Extremely unlikely, since the disease is spread through the symptoms of the disease (coughing and sneezing).

Myth: This flu outbreak will last only a short period of time.

Fact: We just do not know the duration or severity of this current outbreak. Some experts believe this initial wave may end but reemerge during the normal flu season in the Fall with potentially more severe cases.

Myth: Swine Flu and 2009 H1N1 flu are different illnesses.

Fact: These are the same viruses. The name was recently changed by the World Health Organization to prevent the needless slaughter of pigs. H stands for hemagglutinin and the N for neurominidase, two antigens of the influenza virus.

H1N1 PREVENTION

Stay informed (1-800-CDC-INFO for more information www.cdc.gov)

- Information is constantly being updated.

Take everyday actions to stay healthy.

- 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 often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective when soap or water is not available.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Follow public health advice.

- Regarding school closures, avoiding crowds and other social distancing measures.

Develop a family emergency plan as a precaution.

- This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

Avoid close contact.

- Avoid close contact (6 feet) with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Practice other good health habits.

- Get plenty of sleep, be physically active, manage your stress, drink plenty of (no sugar or low sugar) fluids, and eat nutritious food.

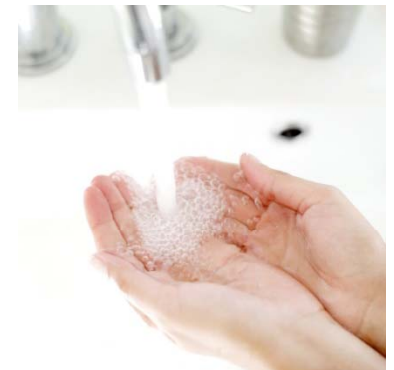
Recommended Skin Care

Clario™ Skin Care products and proper hand washing are ideal for preventing illness.

- [781 Clario™ Green Earth® Foaming Skin Cleanser](#)
- [757 Clario™ Foaming Antibacterial Skin Cleanser](#)
- [774 Clario™ Foaming Alcohol Instant Hand Sanitizer](#)

The CDC simply states to wash your hands with soap and water.

- Alcohol sanitizers should be used when soap and water is not available.
- Wash for 20 seconds. (Happy Birthday song as a guide)



Recommended Disinfectants

“EPA believes, based on available scientific information, that the currently registered influenza A virus products will be effective against the 2009-H1N1 flu strain and other influenza A virus strains on hard, non-porous surfaces. For safe and effective use of these products, always follow label instructions for these products, paying special attention to the product’s dilution rate (if applicable) and contact time.” <http://www.epa.gov/oppad001/influenza-disinfectants.html> May 4, 2009

- [Sanibet™ \(Disinfectant Dilution\) Sanitizer/Disinfectant](#)
- [Betco® 256 Disinfectant Cleaner Concentrate](#)
- [Fight Bac™ RTU Ready to Use Disinfectant Cleaner](#)
- [Betco® Lemon Disinfectant Deodorizer](#)
- [AF/315 Disinfectant/Deodorizer](#)
- [pH7Q Neutral Disinfectant Cleaner](#)
- [Daily Disinfect Neutral Disinfectant Cleaner \(Canada Only\)](#)
- [pH7Q Ultra Neutral Disinfectant Cleaner](#)
- [Daily Disinfect SC Neutral Disinfectant Cleaner \(Canada Only\)](#)
- [AF79 Concentrate Restroom Disinfectant Cleaner](#)
- [Quat Stat™ SC Disinfectant Cleaner](#)
- [Quat Stat™ Disinfectant Cleaner](#)
- [OxyFECT™ H Peroxide Disinfectant Cleaner](#)
- [Green Earth® Daily Disinfectant Cleaner Neutral Disinfectant Cleaner](#)
- [AF79 Acid Free Bowl Cleaner Disinfectant](#)
- [Rest Stop Acid Free Bowl Cleaner Disinfectant](#)
- [TB Plus Spray Aerosol Spray Disinfectant](#)



Summary

- Be informed – Don't panic.
- Take normal flu precautions.
- **WASH YOUR HANDS!**
- Disinfect hard, nonporous surfaces with products that are effective against influenza A.



Additional Resources



www.cdc.gov/h1n1flu - Centers for
Disease Control

For Betco H1N1 Flu information including a
Proper Skin Care video please go to
www.betco.com.



Questions