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GROUP

# Health Enews

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## Fighting the Flu



Take everyday preventive actions to stop the spread of germs.

- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

How long can influenza viruses live on hard surfaces (such as books or doorknobs)?

Studies have shown that human influenza viruses generally can survive on surfaces between 2 and 8 hours.

What kills influenza viruses?

Influenza viruses can be destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics) and alcohols are effective against influenza viruses if used in proper concentrations for a sufficient length of time. For example, alcohol-based hand rubs can be used in the absence of soap and water for hand washing.



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