

Get to Know



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

How Can You Prevent the Flu?

The Flu can spread when:

- An infected person coughs or sneezes.
- When droplets from coughs or sneezes enter your eyes, nose or mouth.
- You have direct contact with an infected person, such as kissing a child or person who is infected.

How long does the Flu survive:

- The Flu (influenza A and B viruses) can live on **high touchpoint, hard, nonporous surfaces** such as countertops, doorknobs, light switches, stainless steel, plastics, toilet handles, and pens **for 24-48 hours**.
- The Flu (influenza A and B viruses) can live on **softer surfaces** such as cloth, paper and tissues for **8-12 hours**.
- The Flu Virus can live **on your hands** for up to **15 minutes**.
- People are most contagious with the **Flu for 1 day before symptoms begin, and 3-4 days after the illness begins**. However, infants and people with weakened immune systems may be contagious for longer than seven days.

Disinfecting Surfaces:

- High-touchpoint surfaces and surfaces that a person with cold symptoms was near (e.g. someone coughed above it, blew their nose and then touched the surface, etc.), can potentially have the Flu Virus on them. They should be disinfected.
- Wear gloves when cleaning. Do not touch your face with the gloves.
- **Disinfect using a bleach solution or a cleaning solution approved for killing the Influenza Virus, such as Lysol or Chlorox bleach wipes.**
 - (1) Use detergent and water, or bleach wipes, to do an initial cleaning of the surface.
 - (2) Make sure to follow each cleaning solution's instructions. Some cleaning solutions kill on contact. However, others require "increased contact time" with a surface, and a surface may need to remain wet with those cleaners for 10-20 minutes before being wiped off. Those types of cleaners allow the chemicals time to penetrate the outer part of the virus to kill it.
- **IMPORTANT:** Do **NOT** mix bleach with any other chemical. This can result in dangerous fumes. Only mix with water. Only use bleach in well-ventilated areas.

References

<https://pubmed.ncbi.nlm.nih.gov/6282993/#:~:text=Both%20influenza%20A%20and%20B,cloth%2C%20paper%2C%20and%20tissues,>
and

[When and How to Clean and Disinfect Your Home | CDC](#)



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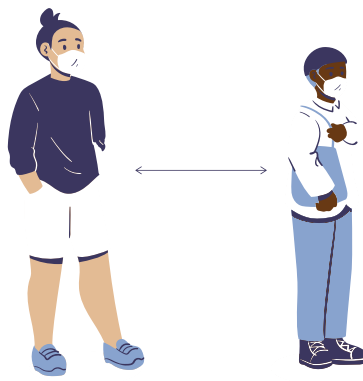
WASH YOUR HANDS OFTEN



AVOID TOUCHING YOUR FACE WITH UNWASHED HANDS



AVOID CLOSE CONTACT WITH SICK PEOPLE

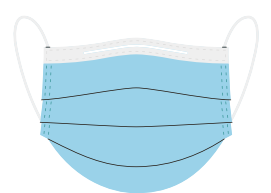


COVER YOUR COUGHS AND SNEEZES, AND WEAR A MASK WHEN POSSIBLE

NOTE: When coughing, cough into a tissue, looking away from other people. Throw the tissue away immediately.

If you do not have a tissue, cough into your elbow or shoulder, facing away from other people. Do **NOT** cough into your fist or hands.

Coughing into your fist or hand does not cover your cough, does not prevent germs from becoming aerosolized (launched into the air), and contributes to spread of disease when a person inevitably touches other things with their now germ-covered hands.



DISINFECT COMMON AREAS



References

[https://www.cdc.gov/hygiene/cleaning/cleaning-your-home.html#:~:text=To%20disinfect%2C%20use%20an%20EPA,%20hard%20or%20soft%20surface\).](https://www.cdc.gov/hygiene/cleaning/cleaning-your-home.html#:~:text=To%20disinfect%2C%20use%20an%20EPA,%20hard%20or%20soft%20surface).)



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