



Stanislaus County Department of Environmental Resources  
H1N1 Public Hotline (209) 558-8872 [www.stanemergency.com](http://www.stanemergency.com)

## **H1N1 Influenza (Swine Flu) Interim Infection Control Guidelines- Long Version**



### **Infection Control precautions for H1N1**

Following are general guidelines for decontaminating an area that is suspected to have H1N1 influenza. These guidelines provide a basic framework of response. This guidance may be modified or additional procedures may be recommended by the CDC, when an influenza pandemic becomes widespread in the United States or as new information about an influenza strain becomes available.

Influenza viruses can persist on nonporous surfaces for 24 hours or more, but quantities of the virus sufficient for human infection are likely to persist for shorter periods. Although the relative importance of virus transfer from inanimate objects to humans in spreading influenza is not known, hand transfer of the virus to the mucous membranes of the eyes, nose, and mouth resulting in infection is likely to occur. Hand hygiene<sup>1</sup>, cough etiquette and respiratory hygiene<sup>2</sup> are principal means of interrupting transmission of influenza in the absence of influenza vaccine and given limited availability of antiviral medications. Routine cleaning and disinfection practices may also play a role in minimizing the spread of influenza.

### **Infection Control Guidelines for H1N1**

Routine cleaning with soap or detergent and water to remove soil and organic matter, followed by the proper use of disinfectants to inactivate any remaining virus are the basic components of effective environmental management of influenza. Reducing the number of influenza virus particles on a surface through these steps can reduce the chances of hand transfer of virus. Influenza viruses are susceptible to inactivation by a number of chemical disinfectants readily available from consumer and commercial sources (for more general information about disinfection of environmental surfaces, see the CDC/ Healthcare Infection Control Practices Advisory Committee (HICPAC) "Guidelines for Environmental Infection Control in Health-Care Facilities," available at: [http://www.cdc.gov/ncidod/dhqp/gl\\_environmentinfection.html](http://www.cdc.gov/ncidod/dhqp/gl_environmentinfection.html) ).

Routine cleaning methods should be employed throughout the area with special attention in certain areas as specified below:

1. Wear non-sterile, disposable gloves that are recommended by the manufacturer

of the detergent/disinfectant while cleaning the area and when handling cleaning and disinfecting solutions. Dispose of gloves if they become damaged or soiled or when cleaning is completed, as described in item 7 below; never wash or reuse the gloves. Eye protection, such as a face shield or goggles, may be required if splashing is expected.

2. Use a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). Use the cleaner first, rinse the surface thoroughly, and then follow with a disinfectant. Apply the disinfectant according to procedures approved and instructed on the disinfectant manufacturer's label. Ensure adequate contact time for effective disinfection. Adhere to any safety precautions or other label recommendations as directed (e.g., allowing adequate ventilation in confined areas such as lavatories, and proper disposal of unused product or used containers). Avoid using product application methods that cause splashing or generate aerosols
  - If a disinfectant is not available, use a dilute solution (1:100 volume/volume, approximately 600 parts per million [ppm]) of household chlorine bleach (5.25% or 6.00% sodium hypochlorite) to disinfect bathroom surfaces. To prepare this solution, add ¼ cup of bleach to a gallon of clean water, or 2 teaspoons of bleach to a quart of clean water. Apply to a cleaned surface, preferably with a cloth moistened with the bleach solution, and allow the surface to remain wet for at least 3 – 5 minutes. Use gloves that protect the hands when preparing the bleach solution and pour bleach carefully.
4. Clean and disinfect commonly touched surfaces in a facility with a detergent and disinfectant in accordance with label instructions.
  - Seat, seatbacks (the plastic and/or metal parts) and armrest
  - door handles & handrails
  - kitchen countertops
  - Phones & TV remotes
  - Walls, windows, window shades & light switches
  - Personnel work areas, including computer monitor, keyboard & mouse
  - Sinks & faucets
  - Bathroom surfaces, Showers & lavatory (ies) including: door handle, locking device, toilet seat, faucet, washbasin, and walls.
  - Desks, tables, chairs, benches, lockers
  - Refrigerator exteriors & door handles
  - Microwaves

**The top 5 germ hot spots are:**



5. Any body fluids (e.g., vomit from an ill individual) should first be first sprayed with a disinfectant and then taken up from overtly contaminated surfaces by using an absorbent material, which should then be disposed of as described in item 7 below. Hard, nonporous surfaces may then be cleaned and disinfected as described in item 2 above. Large areas contaminated with body fluids should be treated with disinfectant after removal of the body fluid with absorbent material, and then cleaned and given a final disinfection. Since disinfectants are not registered for use on porous surfaces, any seat covers and/or carpeting should be removed carefully and laundered in accordance with the manufacturer's instructions or disposed of after being removed as described in item 7 below. Although influenza viruses can persist on porous materials, the transfer of these viruses from sheets, bedding, and clothing is not an efficient process.
6. 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.
  - Clean your hands after handling soiled laundry items.
  - Use washing machine cycles, detergents, and laundry additives (like 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.
7. Dispose of soiled material and gloves in a sturdy, leak-proof (e.g., plastic) bag that is tied shut and not reopened. Porous materials that will be laundered can be removed in the same manner. State and local governments should be consulted for appropriate disposal decisions. Barring specific state routine solid waste or medical waste regulations to the contrary, these wastes are considered routine solid wastes in the community that can be sent to municipal solid waste landfills without treatment.
8. When cleaning is completed and gloves have been removed, immediately clean hands with soap and water or an alcohol-based hand gel. Avoid touching the face with gloved or unwashed hands. The use of **single** use towels for hand washing and/or paper towels that are disposed of or cloth towels that are laundered after a single use shall be practiced.
9. Do not use compressed air and/or water under pressure for cleaning, or any other methods that can cause splashing or might re-aerosolize infectious material. Vacuum cleaners should be used only after proper disinfection has taken place.

A combination of these precautions will give the appropriate infection control.

## FAQ

### **What measures can I take to protect against infection?**

General infection control practices and good respiratory hand hygiene can help to reduce transmission of all viruses, including the human swine influenza. This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
- Disposing of dirty tissues promptly and carefully
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people (alcohol based hand cleaners are also effective).
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product
- Making sure your children follow this advice
- Use disinfectants or sanitizers properly by following label directions to kill germs on commonly touched surfaces.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Limit close contact with others who have a cold or the flu or been out of the country
- Keep disinfectants out of the reach of children.

### **What surfaces are most likely to be sources of contamination?**

- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Droplets from a cough or sneeze of an infected person move through the air and can spread when a person touches these respiratory droplets from the infected person on a surface, like a desk, and then touches their own eyes, mouth or nose before washing their hands.

### **How long can viruses live outside the body?**

- We know that some viruses and bacteria can live from 2 to 24 hours under certain circumstances. Decontamination of surfaces and frequent hand washing will help you reduce the chance of getting contaminated from these common surfaces.

<sup>1</sup> When washing hands with soap and water: Wet your hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all surfaces. Continue rubbing hands for 20 seconds. Rinse hands well under running water. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet. Remember: If soap and water are not available, use alcohol-based hand gel to clean hands. When using an alcohol-based hand gel: Apply product to the palm of one hand. Rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry. (<http://www.cdc.gov/cleanhands/>)

<sup>2</sup> The following measures to contain respiratory secretions are recommended for all individuals with signs and symptoms of a respiratory infection: Cover the nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions and dispose of them in the nearest waste receptacle after use; if you don't have a tissue, cough or sneeze into your upper sleeve, not your hands; perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand gel, or antiseptic handwash) after having contact with respiratory secretions and contaminated objects/materials (<http://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm> and <http://www.cdc.gov/flu/protect/covercough.htm> )

References:

Pandemic Flu Home - Control of Pandemic Flu Virus on Environmental Surfaces in Homes and Public Places

<http://www.pandemicflu.gov/plan/individual/panfacts.html>

Pandemic Flu Home - Interim Guidance for Aircraft Cleaning When Pandemic Influenza is Suspected in a Passenger or Crew Member

[http://www.pandemicflu.gov/travel/cleaning\\_aircraft.html](http://www.pandemicflu.gov/travel/cleaning_aircraft.html)

Center for Disease Control - Preventing Spread of the Flu in Child Care Settings

<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>

aboutgerms.com

<http://www.aboutgerms.com/flu.html>

Santa Clara County swine flu FAQ

[http://www.sccgov.org/SCC/docs%2FPublic%20Health%20Department%20%28DEP%29%2Fattachments%2FFAQs\\_SwineFlu\\_4.29.09\\_eng.pdf](http://www.sccgov.org/SCC/docs%2FPublic%20Health%20Department%20%28DEP%29%2Fattachments%2FFAQs_SwineFlu_4.29.09_eng.pdf)