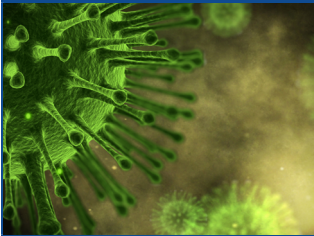


Seasonal Influenza

Overview



Influenza (“flu”) is a highly contagious respiratory illness caused by influenza A or B viruses, responsible for seasonal epidemics every winter.¹ Illness has a sudden onset ranging from mild to severe and, in some cases, can lead to death.² The flu virus spreads from person-to-person and from contaminated surfaces-to-person.³ It appears most frequently in winter and early spring, although variable timing has been seen in recent seasons.⁴ Each year, 5-20% of people in the U.S. will become infected with influenza, and many will seek medical care, putting stress on the healthcare system. An average of more than 200,000 people are hospitalized each year due to influenza-related complications.⁵ Direct costs of seasonal influenza, including hospitalization, doctors’ office visits, medications, and other costs are estimated at \$4.6 billion annually. Additionally, influenza results in up to 111 million missed workdays annually, an estimated \$7 billion in sick days and lost productivity.⁶

About the Pathogen & Infection Control Measures












Infectious Agent (Pathogen)¹	Agent Type: Virus Taxonomy: ▶ Family: Orthomyxoviridae ▶ Genus: <i>Alphainfluenzavirus</i> ▶ Species: A, B	▶ Subtypes: Classified by hemagglutinin (H) and neuraminidase (N) proteins (e.g., H1N1, H3N2) Synonym(s): “Flu” Characteristics: Enveloped virus. Antigenic drift (mutations in the virus) occurs continuously over time impacting immune response which is why a new vaccine must be developed each year. ⁷
Infectious Characteristics Definitions: ▶ Incubation period—the time from exposure to infection with symptoms. ▶ Period of communicability—time when a pathogen can be transmitted from one person to another.	Risk factors for severe infection:⁸ Incubation period:¹ Period of communicability:² Signs & symptoms:² Duration of illness:⁸ Severity of illness:⁸	▶ Pregnant women ▶ Young children under 5yr old, but especially under 2yr old ▶ Older adults (65+ years old) ▶ Individuals with chronic medical conditions ▶ Immunocompromised individuals 1-4 days (average 2 days) From 1 day before symptom onset to 5-7 days afterward. Young children and people with weakened immune systems may be contagious for >7 days. Symptom onset is abrupt, more severe than the common cold, and include: ▶ Fever, chills ▶ Body aches ▶ Headache ▶ Fatigue (tiredness) ▶ Runny or stuffy nose ▶ Sore throat ▶ Cough (often dry) Most people will recover in a few days to less than two weeks without requiring medical attention. Cough and tiredness can persist for >2 weeks. Illness ranges from mild to severe. Some people will develop complications (such as pneumonia) which can be life threatening and result in death.
Mode(s) of Transmission² How the Infection Spreads	Droplet and Contact: Direct from person-person when an infected person coughs or sneezes and indirect from contaminated surfaces.	
Survival on Surfaces⁹	Studies have shown that influenza viruses can survive on surfaces several hours to weeks.	
Immunization¹⁰	Seasonal flu vaccination is available to everyone 6 months of age and older.	

Overview

Infection Control Measures	General Measures For All Spaces (commercial buildings, K-12 schools, healthcare): ¹⁰ ▶ Perform frequent hand hygiene by washing hands with soap and water or using alcohol-based hand sanitizer. ▶ Practice respiratory hygiene and cough etiquette (e.g., covering coughs and sneezes). ▶ Use visual alerts (e.g., signs, posters) during the flu season to provide people with instructions to prevent spread. ▶ Stay home when ill. Encourage those who are sick to stay home and limit contact with others. ▶ Develop non-punitive sick leave policies.	Healthcare-Specific Measures:⁵ ▶ Social Distancing: In addition to masking, provide space (3-6 ft apart) in waiting areas for patients with respiratory symptoms. ▶ Isolation Precautions: Place patient in private room as able. Adhere to Droplet Precautions for 7 days after illness onset or 24 hours after resolution of fever and respiratory symptoms, whichever is longer. ▶ PPE: Mask and eye protection. Other PPE as indicated per standard precautions. ▶ Patient Transport: Patient should wear a mask, if possible, and follow respiratory hygiene and cough etiquette and hand hygiene. ▶ Linens: Per routine ▶ Waste management: Per routine ▶ Other: Use caution when performing aerosol-generating procedures (e.g., wear respiratory, perform in negative air flow room.
Cleaning & Disinfection¹⁰	Per routine with increased frequency of cleaning and disinfection of high-touch surfaces that may be contaminated with viruses that cause flu. Use EPA-registered disinfectants with an influenza claim.	

Clorox Product Recommendations

The following CloroxPro cleaner-disinfectants can be used to effectively manage influenza on environmental surfaces and equipment.

Products for use against Influenza		EPA Reg. No.	Influenza contact time
Clorox Clorox EcoClean™ Disinfecting Cleaner and Refill Item No. 60213 9/32 oz. Spray Item No. 60094 4/128 oz. Refill		67619-45	30 seconds
CloroxPro® Clorox® Germicidal Bleach Item No. 30966 3/121 fl. oz. Bottle		67619-32	5 minutes
CloroxPro® Clean-Up® Disinfectant Cleaner with Bleach Item No. 35417 9/32 fl. oz. Spray Item No. 35420 4/128 oz. Refill		67619-17	30 seconds
CloroxPro® Clorox® Disinfecting Wipes Item No. 15949 Fresh Scent Wipes, 6/75 ct. Item No. 15948 Lemon Scent Wipes, 6/75 ct. Item No. 31547 Fresh Scent Wipes, 1/700 ct. bucket Item No. 31428 Fresh Scent Wipes, 2/700 ct. refill		67619-31	15 seconds
Clorox Commercial Solutions® Clorox® Disinfecting Spray Item No. 38504 12/19 fl. oz. Aerosol Spray		67619-21	30 seconds
CloroxPro® Clorox® 4 in One Disinfectant & Sanitizer Item No. 31043 12/14 fl. oz. Aerosol Spray, Citrus		67619-29	5 minutes
Clorox Healthcare® Bleach Germicidal Wipes Item No. 30577 6" x 5" Wipes Canister 6/150 ct. Item No. 35309 6.75" x 9" Wipes Canister 6/70 ct. Item No. 32621 6.75" x 9" Wipes Softpack 9/100 ct. Item No. 31424 6.75" x 9" Individual Wipes 6/50 ct. Item No. 30358 12" x 12" Wipes Bucket 2/110 ct. Item No. 30359 12" x 12" Wipes Bucket Refill 2/110 ct.		67619-12	1 minute
Clorox Healthcare® VersaSure® Cleaner Disinfectant Wipes 6.75" x 8" Multi-purpose Wipes, 6/85 ct., Item No. 31757 6" x 5" Multi-purpose Wipes, 6/150 ct., Item No. 31758 12" x 12" Terminal Wipes, 2/110 ct., Item No. 31759 12" x 12" Terminal Wipes Refill, 2/110 ct., Item No. 31761		56392-7	1 minute
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant Cleaner Item No. 30828 9/32 fl. oz. Spray Item No. 30829 4/128 fl. oz. Refill		67619-24	1 minute
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant Wipes Item No. 30824 6.75" x 9" Wipes Canister 6/95 ct. Item No. 30825 6.75" x 5.75" Wipes Canister 6/155 ct. Item No. 30826 12" x 11" Wipes Bucket 2/185 ct. Item No. 30827 12" x 11" Wipes Bucket Refill 2/185 ct.		67619-25	1 minute
Clorox Healthcare® Fuzion® Cleaner Disinfectant Item No. 31478 9/32 fl. oz. Spray		67619-30	1 minute

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