



H1N1 FLU PREVENTION AND CONTROL

Helping Your Business Prepare





The Ontario Restaurant Hotel & Motel Association and Ecolab have teamed up to provide information about H1N1 influenza and how to prevent the spread of the virus in your hotel or lodging facility.

WHAT IS INFLUENZA?

- ▲ Influenza (flu) is a viral infection that spreads easily from person to person.
- ▲ Each year, approximately 4,000 people in Canada die from the flu; 250,000 to 500,000 die worldwide.

WHAT IS H1N1 INFLUENZA?

- ▲ H1N1 influenza is a novel Influenza A virus, which typically causes respiratory disease.
- ▲ Symptoms include fever (usually high), headache, fatigue, dry cough, sore throat and chills; and sometimes diarrhea and vomiting.

WHAT IS A PANDEMIC?

- ▲ A pandemic is an epidemic that occurs on a global scale.
- ▲ The term “pandemic” does not define how serious the illness is or how many people will die; only how widely the illness has spread.
- ▲ H1N1 influenza has become a pandemic because the virus has spread globally.

HOW DO PEOPLE GET H1N1 INFLUENZA?

- ▲ Like other types of flu viruses, H1N1 flu is spread from person to person through inhalation of the virus expelled by infected individuals when coughing or sneezing.
- ▲ People may also become infected by touching a contaminated surface and then touching their mouth, nose or eyes.
- ▲ A person with the flu is contagious for one day prior to showing symptoms and up to seven days after symptoms first appear; and is most infectious during the first three days of illness.

HOW CAN THE SPREAD OF H1N1 FLU BE CONTROLLED?

- ▲ The Public Health Agency of Canada (PHAC) reports that Canada is on target to have a safe, effective vaccine available in November 2009.
- ▲ Other ways to help prevent the spread of disease are to follow the same precautions as those recommended to control seasonal influenza:
 - Cough etiquette
 - Social distancing (including staying home when ill)
 - Hand hygiene
 - Disinfection of contaminated hard, nonporous surfaces

For more information about products and procedures to protect your operation contact your Ecolab representative or call 1.800.35.CLEAN



What steps can hotel and lodging operators take?

CLEANING AND DISINFECTING

- ▲ Be proactive and help prevent the spread of illness with vigilant hard surface disinfection.
- ▲ Choose DIN-registered products that are virucidal.
- ▲ Disinfect hard surface areas frequently, including the following:
 - Furniture
 - Door handles, push plates and railings
 - Restroom surfaces and locker rooms
 - Light switches and elevator buttons
 - Check-in counter
 - Fitness equipment

HAND HYGIENE

- ▲ PHAC and the CDC recommend washing your hands often with soap and water and using hand sanitizer to protect from infection.
- ▲ Place waterless hand sanitizers wherever there is high guest and employee traffic to promote increased hand hygiene in areas such as:
 - Restroom facilities and/or locker rooms
 - Lobby or entrances
 - Elevator and/or escalator banks
 - Foodservice and/or beverage counters
 - Fitness centers

Why is protection important?

GUEST CONFIDENCE

- ▲ H1N1 flu can spread rapidly, affecting your guests' confidence in your business. Preparation is the key to minimizing your risk.
- ▲ Your guests will appreciate your focus on protection.

EMPLOYEE HEALTH

- ▲ Workers experiencing symptoms of respiratory illness should stay home.
- ▲ Taking steps to help prevent the spread of illness will keep employees healthy and reduce absenteeism.



Where can I go for more information?

www.orhma.com

The Ontario Restaurant Hotel & Motel Association provides information and resources regarding the H1N1 flu virus, its impact on human health and how the lodging industry is responding to protect its employees and customers.

www.ecolab.com

Ecolab brings you up-to-date information with links to the WHO, CDC, FDA, PHAC and other news sites. Ecolab representatives can provide site-specific procedures and products for influenza mitigation and suggestions for pandemic preparedness.

