



GERMBLAST
A HEALTHIER ENVIRONMENT BEGINS HERE.

CAUTION FLU SEASON



WHAT IS THE FLU?

Influenza (aka. "The Flu") is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, lethargy, and sometimes vomiting and diarrhea (more common in children than adults).



HOW IT SPREADS

Flu viruses spread mainly by droplets made when someone infected with flu coughs, sneezes, or talks. These droplets can stay suspended in the air for periods of time allowing them to land in the mouths or noses of people who are nearby. A person also can get flu by touching something that has the flu virus on it and then touching their mouth, eyes, or nose.



PREVENTION



FLU VACCINE **FIRST AND BEST WAY**

- Recommended for everyone 6 months and older every year
- Should be administered as soon as they become available, before November
- Important that children with certain long-term health problems get vaccinated
- Caregivers of children at high risk of flu complications should get a flu vaccine



MISCONCEPTIONS **PER CDC**

- The flu shot cannot cause flu illness. Flu vaccines either contain inactivated flu virus (non-infectious), or with no flu viruses at all.
- It is not better to get the flu, rather than receive the flu vaccine. Flu can be serious, and potentially deadly in some populations.
- Mild side effects can include soreness, redness or swelling at the spot of injection, low grade fever, and slight aches. These are all indications that the body is responding to the vaccine and side effects subside within 1-2 days.
- Flu vaccines do not guarantee you will not get the illness. While vaccination is still the best measure to prevent the flu, variation in strain circulation can still expose some people to the illness. However, if you have received the flu vaccine and do contract the flu, the duration and severity of the illness are reduced.



DISINFECT **YOUR ENVIRONMENT**

The CDC recommends that you clean and disinfect your environment regularly to help slow the spread of flu. This includes routine cleaning and disinfecting as well as targeted activities on objects and surfaces that are touched often. Consider adding the GermBlast program to your flu prevention strategy. The GermBlast program includes a high level disinfection program designed to eliminate microorganisms on high touch surfaces and objects.