

H1N1 FLU PREVENTION AND CONTROL **helping your business prepare**

Where can I go for more information?

www.restaurant.org/fluinfo/

The National Restaurant Association's flu info web portal provides information and resources regarding the H1N1 flu virus, its impact on human health, and how the restaurant 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 and other news sites. Ecolab representatives can provide site-specific procedures and products for influenza mitigation and suggestions for pandemic preparedness.

H1N1 Hotline

For specific information on business continuity planning, cleaning, disinfecting and personal hygiene, call the H1N1 hotline established by Ecolab for NRA members at 866.848.1939.



NRA and Ecolab Answer Your Questions About 2009 H1N1 Influenza

2009 H1N1 influenza is a new virus first detected in people in the United States in April 2009. Many other countries have reported cases of illness from this new virus. It appears to be transmitted from person to person, similar to how seasonal influenza viruses spread.

The National Restaurant Association and Ecolab have teamed up to provide information about 2009 H1N1 influenza and how to prevent the spread of the virus in your restaurant or facility.

What is influenza?

Influenza (flu) is a viral infection that spreads easily from person to person. Symptoms include fever (usually high), headache, fatigue, dry cough, sore throat and chills; and sometimes diarrhea and vomiting. Seasonal influenza outbreaks occur annually around the world. Each year, 36,000 people in the United States die from the flu; 250,000 to 500,000 die worldwide.

What is 2009 H1N1 influenza?

There are many strains of influenza that can infect different animals. 2009 H1N1 influenza is a new strain of the flu that was first detected in people in 2009. The virus was originally referred to as "swine flu" because many genes in this virus were similar to influenza viruses normally occurring in pigs in North America. Further studies have shown that this new virus may also include genes from flu viruses that normally circulate in pigs in Europe and Asia, as well as avian genes and human genes. However, neither contact with pigs nor consumption of food, including pork, is associated with ongoing transmission in this outbreak.

What is a pandemic?

A pandemic is an epidemic that occurs on a global scale when there is no immunity to a new virus. The term "pandemic" does not define how serious the illness is or how many people will die; only how widely the illness has spread. 2009 H1N1 influenza has the potential to become a pandemic because the virus is a new strain. This means people have not developed immunity to it, and the strain is not covered by the influenza vaccine developed for the 2008-2009 flu season.

How do people get 2009 H1N1 influenza?

Like other types of flu viruses, 2009 H1N1 flu is a respiratory illness spread from person to person through coughing and 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 H1N1 flu be treated?

The antiviral drugs oseltamivir (Tamiflu®) and zanamivir (Relenza®) can lessen the symptoms of this virus. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in the body.

What steps can restaurant operators take?

Transmission of the virus in a restaurant could occur through the normal routes of infection that could happen in any public or private setting – inhalation of the virus expelled by infected individuals when coughing or sneezing, and by touching any surface that is contaminated with the virus and then touching the mouth, nose or eyes.

Food Preparation

It is not necessary to alter normal cooking times or temperatures for any foods to reduce chances of contracting 2009 H1N1 flu virus, because food is not a known method of transmission of influenza viruses.

Employee Health

In accordance with long-standing FDA recommendations, food workers experiencing symptoms of respiratory illness should not work with exposed food, clean equipment, utensils, linens or unwrapped single-service or single-use articles.

Cleaning and Disinfecting

The EPA has stated that disinfectants registered as effective against influenza A will be effective against the 2009 H1N1 flu strain. Follow these tips when disinfecting hard surfaces in your restaurant:

- ▲ Remove organic material from surface to be disinfected and follow normal cleaning procedures.
- ▲ Rinse off detergents to avoid diluting or inactivating the disinfectant.
- ▲ Use an EPA-registered disinfectant with claims of effectiveness against influenza A viruses.
- ▲ Carefully read and follow directions for use on the product label.
- ▲ For disinfection of food contact surfaces, follow disinfection with a potable water rinse and then a hard surface EPA-registered sanitizer according to label directions.
- ▲ Wear disposable gloves while cleaning and disinfecting. Discard gloves after use and wash and/or sanitize hands before and after gloving.



How can the spread of 2009 H1N1 flu be controlled?

Currently, there is not a vaccine available to protect against this new strain of flu. The best way to prevent the spread of disease is to follow the same precautions recommended to control seasonal influenza. These include cough etiquette, social distancing (including staying home when ill), hand hygiene and disinfection of contaminated hard, nonporous surfaces.