



Stanislaus County Department of Environmental Resources
H1N1 Public Hotline (209) 558-8872

H1N1 Influenza (Swine Flu) Interim Infection Control Guidelines - Short Version



Infection Control precautions for H1N1

Following are general guidelines for decontaminating an area that is suspected to have H1N1 influenza.

Influenza viruses can persist on nonporous surfaces for 24 hours or more under certain circumstances. Hand hygiene, cough etiquette and respiratory hygiene are principal means of interrupting transmission of influenza. 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.

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

1. Wear non-sterile, disposable gloves. Dispose of gloves if they become damaged or soiled or when cleaning is completed, never wash or reuse the gloves. Eye protection, such as a face shield or goggles, may be used.
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 on the manufacturer's label to ensure adequate contact time for effective disinfection. Avoid using products that cause splashing or generate aerosols.
 - o If a disinfectant is not available, use a dilute solution (1:100 volume/volume, of household chlorine bleach (5.25% or 6.00% sodium hypochlorite). 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;
 - Seat, seatbacks (the plastic and/or metal parts) and armrest
 - door handles & handrails
 - kitchen countertops
 - Phones & TV remotes
 - Walls, windows, window shades & light switches
 - Work areas, including computer monitor, keyboard & mouse
 - Sinks & faucets
 - Bathroom surfaces, Showers & lavatory (ies) including: door handle, toilet seat, faucet, washbasin, and walls.
 - Desks, tables, chairs and benches
 - Refrigerator exteriors & door handles
 - Microwaves
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. 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.
 - Dry the cleaned laundry items as you normally do.
 - 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 should only occur after decontamination has taken place. Place the decontaminated soiled material and gloves in a sturdy, leak-proof (e.g., plastic) bag that is tied shut and not reopened.
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.