



Handwashing, Hand Sanitizers and H1N1 Influenza A (Swine Flu)

Major health organizations, including the Centers for Disease Control and Prevention (CDC), recommend handwashing and alcohol-based hand sanitizing gels to minimize the spread of germs during illness outbreaks, such as H1N1 Influenza A (Swine Flu).

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. The CDC recommends these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What are the best techniques for washing or sanitizing hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or use alcohol-based hand cleaner. The CDC recommends:

- When you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds.
- When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.
- If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

How do germs spread?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

Is PURELL® Instant Hand Sanitizer active against H1N1 Flu?

While no hand sanitizer is indicated to prevent H1N1 Flu, according to the CDC, one of the ways you can help protect yourself from H1N1 Flu is by practicing good hand hygiene. Specific CDC recommendations include keeping your hands clean by washing with soap and water, or using an alcohol-based hand sanitizer when soap and water may not be available.

How does PURELL work?

Alcohol-based PURELL is formulated with alcohol and a special blend of moisturizers to kill germs on hands and leave them feeling soft and refreshed. The alcohol breaks down the germs' cell walls causing them to die. When applied to hands it evaporates within seconds. According to the Association for Professionals in Infection Control and Epidemiology (APIC) Guidelines for Infection Control Practice, "alcohols applied to the skin are among the safest known antiseptics."

For more information on hand hygiene programs for public settings and professional markets, visit www.GOJO.com