

Flu Prevention: Cleaning in Schools and Childcare Centers

Influenza (flu) is an illness caused by a virus (germ). It spreads person-to-person and through touching contaminated surfaces. The best way to prevent the spread of the flu is to get vaccinated. Other prevention methods include staying home when sick, covering coughs and sneezes, and washing hands often. It's important to clean surfaces, but it's not a substitute for vaccination or other prevention methods. Below are tips on how to slow the spread of flu by cleaning and disinfecting.

Hand Washing

Use soap and water to scrub your hands for at least 20 seconds. Dry your hands and use a paper towel to turn off the water faucet. Make sure bathrooms are supplied with paper towels and soap.



Clean Surfaces

Use standard disinfecting products to kill cold and flu viruses. These viruses can be found on surfaces used often. These surfaces include: desks, keyboards, doorknobs, faucet handles, and toys. Follow your facility's standard cleaning procedures.



Clean Regularly

Standard cleaning is recommended to kill the flu virus. If children and staff have been affected by the flu, it's not necessary to close the facility for cleaning. Clean on a regular basis according to your standard cleaning procedures.



Clean Properly

When using cleaning products, make sure to follow the directions on the label. Disinfecting wipes are a good option to clean many surfaces.



Use Products Safely

Use proper cleaning protection like gloves or masks when cleaning your facility. Don't combine cleaning products unless the label says it's safe to do so. Make sure that staff are properly trained on safe cleaning procedures.



Handle Waste Safely

Use gloves to handle waste like used tissues or other soiled items. After cleaning, throw away soiled items in the trash. Wash your hands with soap and water properly after handling waste.



For more information please visit

<http://publichealth.lacounty.gov/media/FluSeason/>