

The Great Western News

October 2009

Combating The Flu - Both Of Them



Ask Mr. Janitor :
Here we go into the start of another flu season. This time we have two different strains of flu to fight. Is your facility doing anything special to fight these flu bugs?



Mr. Janitor Answers :
While there is no magic bullet we can use to keep the flu out of our facilities, there are steps we can take to help our people stay as healthy as possible.

We do indeed have two different flu strains to fight this year: #1. the expected seasonal flu and #2. the H1N1 flu. These two different strains of flu are caused by different viruses. Even though the viruses that cause these two flu strains are different, both viruses are Type A Influenza viruses.

Prevention is our topic. Many health care organizations and health care professionals suggest getting two different flu vaccinations this year. They suggest getting a vaccination against the seasonal flu and a different vaccination against the H1N1 flu, provided you do not have any contraindications for these flu vaccines. Check with your physician if you are unsure of the efficacy of these vaccines for you and follow the advice of your physician.

When flu viruses are spread through a population, there are only a few ways to truly fight them; correct cleaning practices, proper hygiene stressing frequent hand washing and a strong immune system are the best ways to fight these flu viruses.

What can we do to protect the occupants and visitors to our facilities? There are no cleaning, sanitizing or disinfecting products that have specific kill claims related to these two different flu strains. However, both flu strains are caused by Type A Influenza viruses, and at Great Western, we have over 19 different cleaning and disinfecting products that have virucidal claims for Type A Influenza viruses. We can recommend the best product for your specific needs. The best cleaning approach is to get back to basics. Clean your high touch hard surfaces such as doorknobs, faucet handles, light fixtures, phones and handrails to name just a few. Simply cleaning actually aids in the physical removal of viruses from hard surfaces. Then, use your disinfectant on the pre-cleaned high touch, hard surfaces.

As we go through this flu season, remember what the Center for Disease Control (CDC) says : "Wash your hands often with soap and water. Alcohol-based hand sanitizers are also effective."

Please give us a call if you have any questions about the cleaning measures discussed or if you have any questions regarding the many EPA registered disinfecting products we stock. Call us at our Davenport office at 563/445-6644 or in the Cedar Rapids area at 319/395-0445.



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