

# FIGHTING THE FLU



A Guide for Educational  
Facility Cleaning Staff



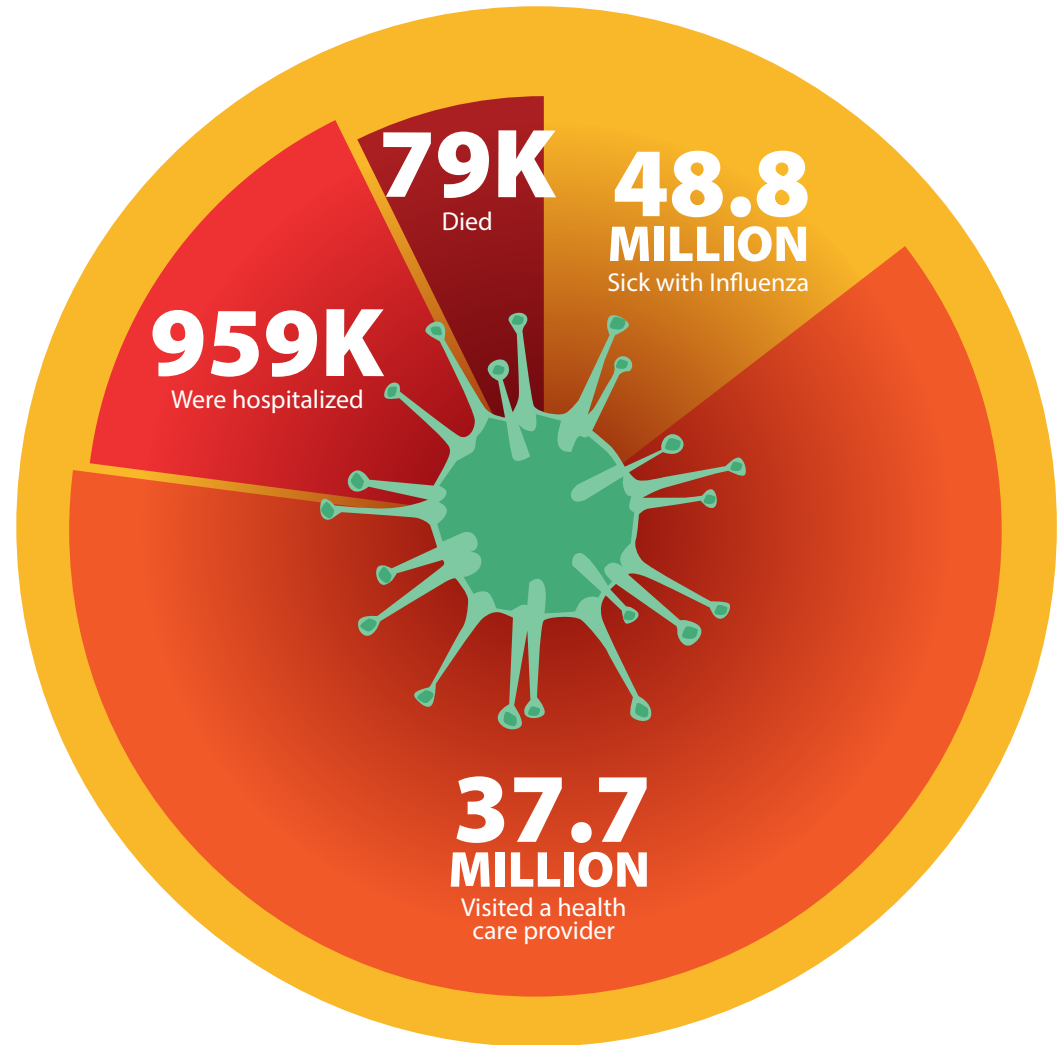
**J**anitorial staff across the nation face the same fight every year. Around October, flu season arrives. It's hard to predict year-to-year how hard the flu season will hit. That's why it's good to protect yourself by knowing and implementing the best practices to fight the flu beforehand. In this E-book, we're aiming to give you the knowledge you need.

# The Impact of the Flu

We won't focus on this too much. You've likely read many stories about the negative impact of the Flu or you've experienced them for yourself. But here's a look at the most recent flu season for which we have complete data.

This season had the highest rate of sickness since the 2009 H1N1 pandemic, where an estimated 60 million people were sick with the virus. This season was also unusual in that many different age groups were hospitalized. It struck the very young and very old hardest, as usual, but also hit other populations hard. More than 48,000 hospitalizations were children under 18.<sup>1</sup>

## Flu Impact 2017-2018 Flu Season (October to May)



# More Consequences of the 2017-2018 Flu Season

The Flu cost US companies an estimated

# \$21 BILLION<sup>2</sup>



- Influenza reduces one's
- **EFFECTIVENESS**
  - **ALERTNESS**
  - **IMPAIRS ABILITY TO PERFORM ACTIONS**

Although most of the studies have related to the impact this can have in the workplace; studies focused on the effects it has on school performance have yielded similar results.<sup>3</sup>



Schools in

# 14 STATES

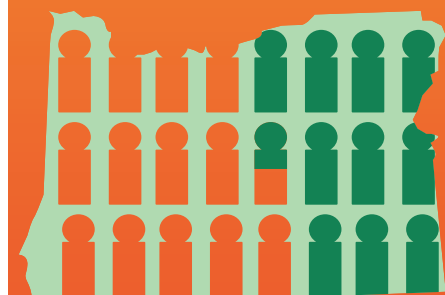
closed down due to the Flu.<sup>4</sup>

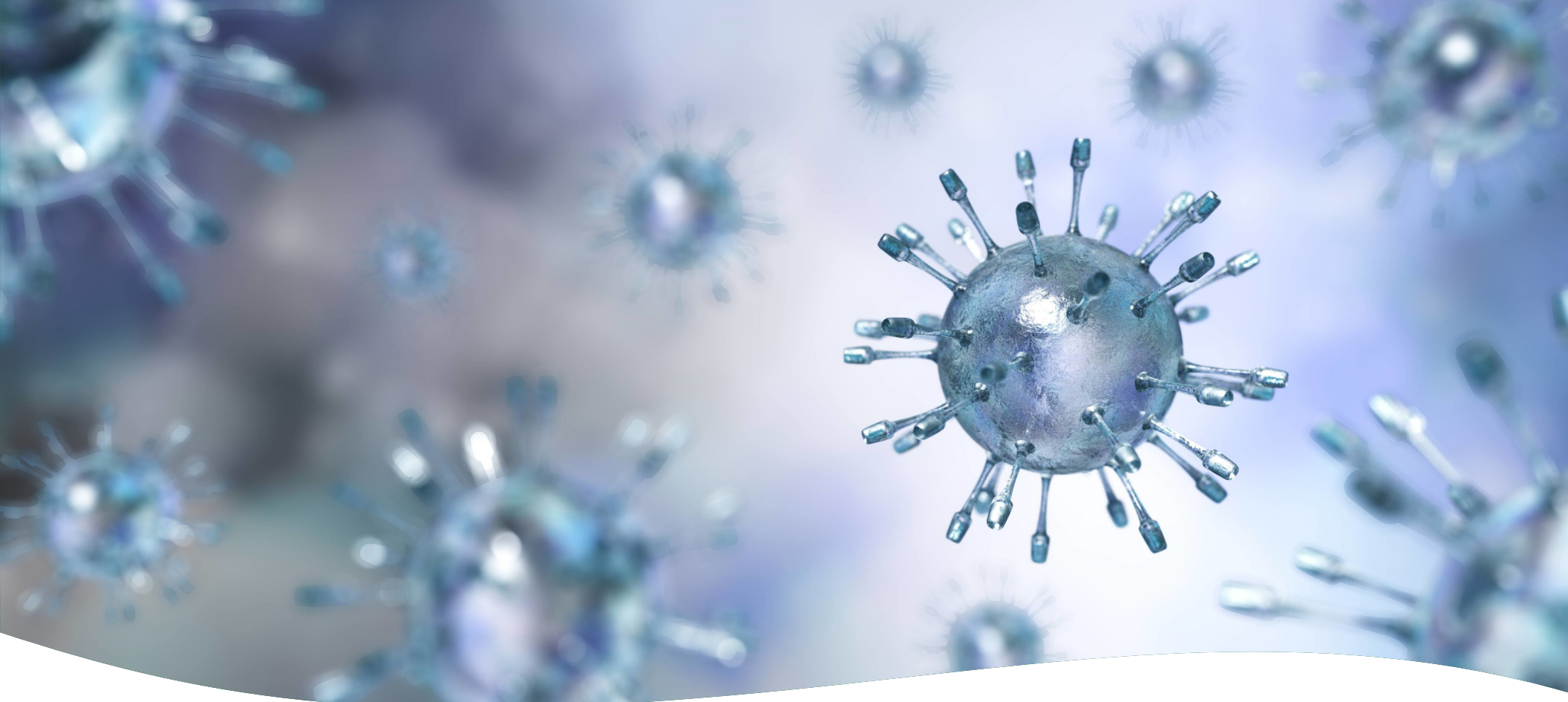


In Oregon, a school was closed for a week after

# 43%

of its students were affected.<sup>4</sup>





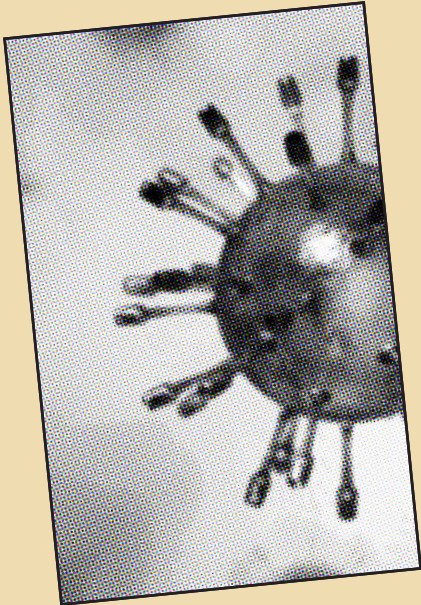
## Understanding The Flu

“If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”

– *Sun Tzu, The Art of War*

Before we talk about how to fight the Flu, we must cover some basic facts about the Flu and how it spreads.

## Virus Fact File



**Name:** Influenza Virus  
**Scientific Name:** Influenzavirus A, Influenzavirus B, Influenzavirus C, Influenzavirus D - all of the family Orthomyxoviridae  
**Causes:** The Flu - contagious respiratory illness

### Symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, this is more common in children.<sup>6</sup>

**More facts:** It's essential to recognize the difference between a cold and the Flu. That's because the Flu can develop into more severe illnesses such as pneumonia or bronchitis.<sup>5</sup>

**Not everyone inflicted with the Flu will necessarily have a fever.** Symptoms of the Flu often come on more suddenly and are more severe than a cold and can last anywhere from a few days to weeks.

## Supplemental Info: How the Flu is Spread



Exhibit A

- Skin to skin contact
- Exposure to a contaminated surface
- Through saliva
- Airborne respiratory droplets (such as those released when someone sneezes)<sup>5</sup>

Cleaning professionals come into contact with high-traffic areas while cleaning, and the flu virus can live for up to 24 to 48 hours on hard surfaces.<sup>7</sup> This means, for the safety of themselves and their families, cleaning staff should take proper preventative measures. Here are some steps the CDC recommends:<sup>8</sup>



The CDC recommends yearly vaccination for anyone over 6 months old. Consult your doctor for more information on vaccine as prevention.



Cover your nose and mouth with a tissue when you cough and sneeze, and immediately dispose of the tissue.



Wash your hands often with soap and water or use an alcohol-based rub.



Avoid touching your eyes, nose, and mouth as this helps spread germs.



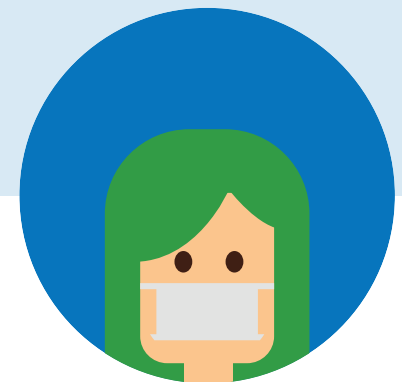
Encourage cleaning staff to stay home if they are sick.



### Extra Protection for Cleaning Staff

As you can see, a lot of these things are common sense preventative steps for everyone.

Cleaning staff come into contact with a variety of environments that are potentially infected. Also, they can spread infection to the spaces they clean if they are sick and don't take precautions. Consider having staff wear protective one-time use facemasks. This can help against sneezes and runny noses when team members are working and have their hands full.



## Step Two: Cleaning to Prevent the Flu

Now we'll cover our recommended cleaning methods to protect against the Flu. This is what makes a facility cleaning staff critical to fighting the Flu. Cleaning helps contain the spread of disease and infections like the Flu. Students who are healthy study better. Teachers who are healthy teach better.

### Schools in Syracuse, NY:

**Healthier Cleaning** =  **11.7% Attendance** & **\$2.5M State Funding**

The facts support this. Take the example of schools in Syracuse, New York. They documented attendance gains of 11.7% the first year after instituting a cleaning regimen targeted toward making their facilities healthier for students and staff. This got them over \$2.5 million more in state funding.<sup>9</sup>



## Cleaning vs. Sanitizing vs. Disinfecting

The differences between these can get confusing, especially when some products are advertised as being a one-step solution or try to use the terms interchangeably.

The reality is, it is not recommended that you try to clean and sanitize or disinfect in one step. Be sure to read labels carefully and follow the EPA-regulated instructions. Some products are advertised as a one-step disinfectant, but the instructions reference “pre-cleaned surfaces.” It might seem like it’s saving time, but ultimately you aren’t doing an effective job cleaning. Why is that? If you don’t clean first to remove the dirt and debris, the sanitizer or disinfectant can’t penetrate them to do their job.

We’ve created a chart, on the next page, to help you understand the differences between the different kinds of products that are available in the market. You can find this, and the info below, in a shareable info sheet at [www.enviroxclean.com/fighttheflu](http://www.enviroxclean.com/fighttheflu)



## CLEANER

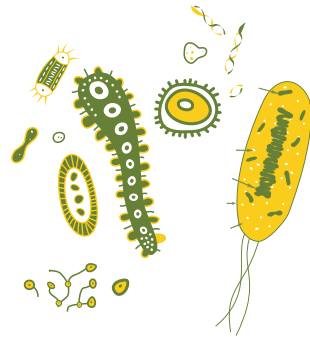
Aids in  
Soil Removal



Simply aids in the removal of soil from a surface. Although cleaning does remove germs from a surface, it doesn't kill them.

## SANITIZER

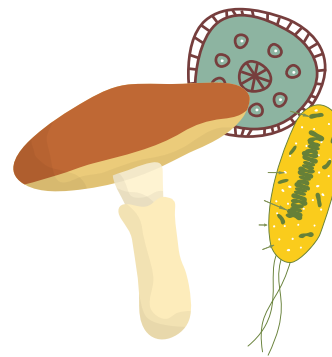
Reduces the  
Number of  
Bacteria



Lowers the number of bacteria on surfaces to levels that are considered safe by public health orgs.

## DISINFECTANT

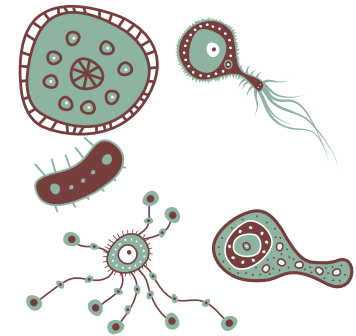
Kills Fungi,  
Bacteria, and  
Viruses



Kills infectious fungi, bacteria, and viruses but not bacterial spores on hard environmental surfaces.

## VIRUCIDE

Kills  
Viruses



Destroys or irreversibly inactivates viruses in the inanimate environment.

Any product that claims to kill bacteria, viruses, mold, or fungi must be registered with the EPA as a pesticide.

## Using Our Products to Help with Flu Prevention

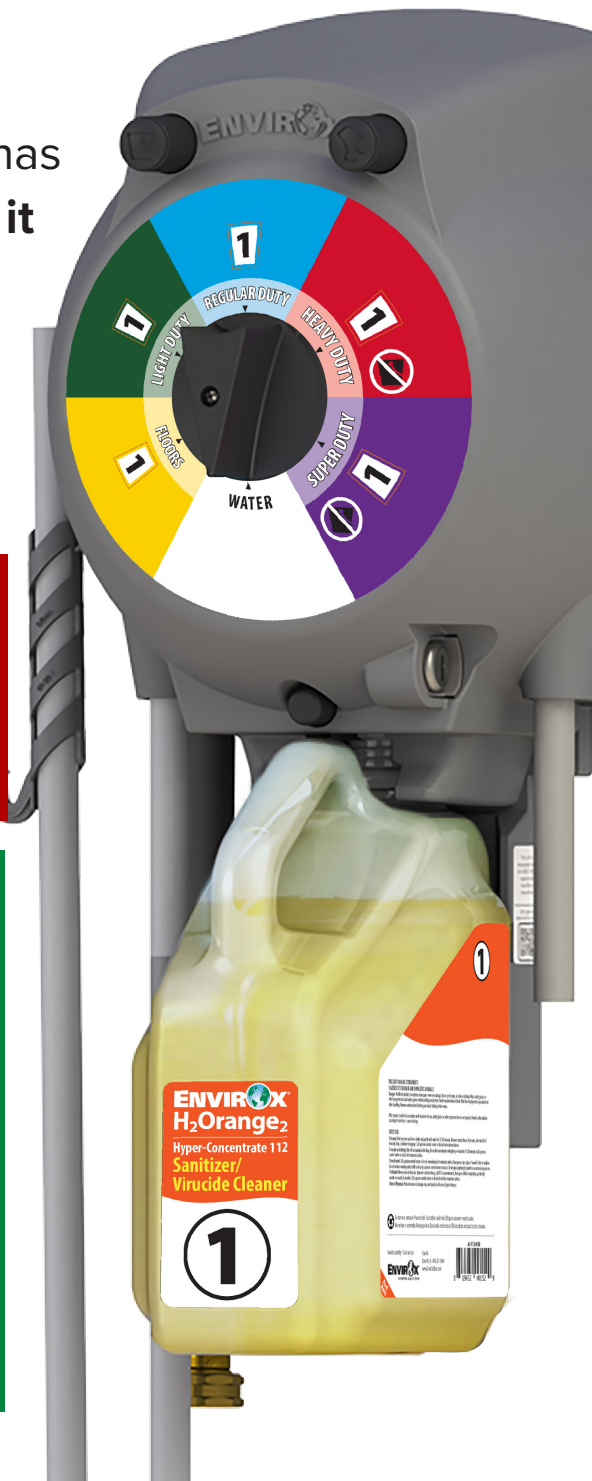
H2Orange2 Hyper-Concentrate 112 is an example of a product that has multiple uses. It's a cleaner, sanitizer, and virucide\* in one. However, **it cannot do all of this in one step.** Different dilutions and/or cleaning techniques must be used for the different functions to be effective. On the next couple pages, we'll break down how to use our product.

**If you're not using our product,** carefully check out the literature associated with your product or products and find out the proper technique and dilution for each level of cleaning.

### Using H2Orange2 Concentrate 117?

Don't worry, all the methods described here apply to that product as well.

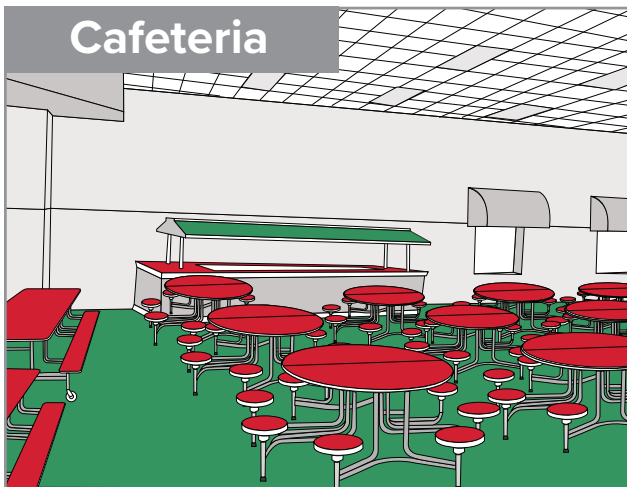
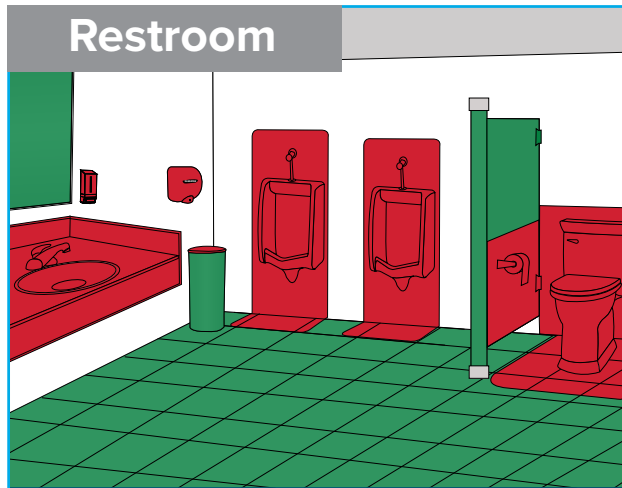
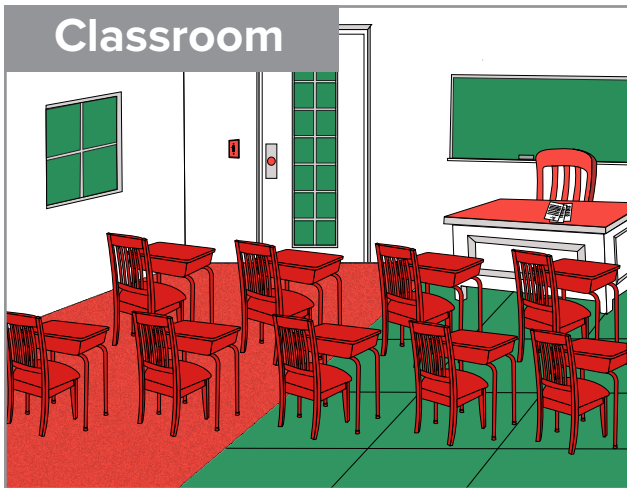
Just remember it's a concentrate instead of a hyper-concentrated, which means the actual dilutions are different.



\*When used as directed H2Orange2 Hyper-Concentrate 112 is EPA-registered to kill Herpes Simplex Virus Type 2\*\*, Influenza A2/Japan and HIV-1 (Human Immunodeficiency Virus). \*\*Except in California

Cleaner: Use a **Light Duty (Green)** dilution to clean all lightly soiled areas. **Heavy Duty (Red)** dilution is used for heavily soiled areas to help break up, lift, and remove dirt and debris.

The EPA recommends that every surface should be cleaned first.<sup>10</sup> This may be all that is required for some surfaces and areas. It reduces germs, dirt, and impurities by removing them. It also removes the water and organic materials germs use to survive along with dust, mold, and other irritants.

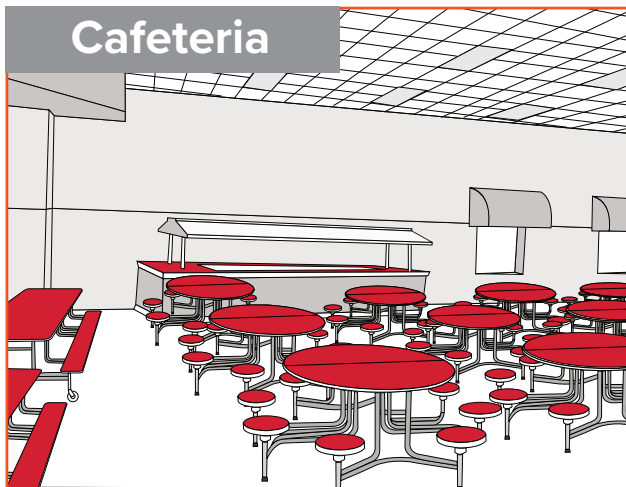
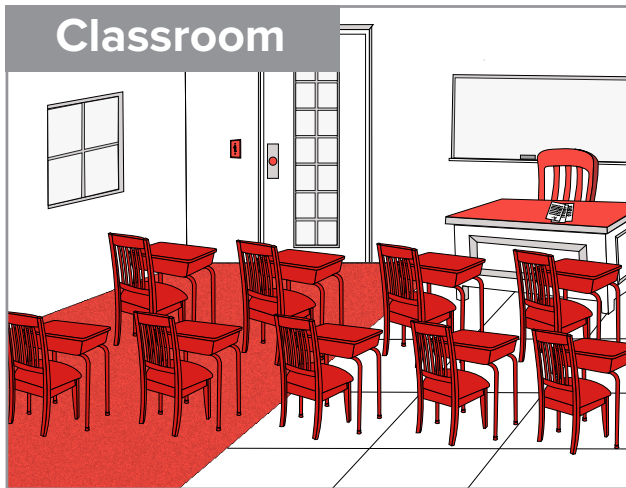


These illustrations come from our wall charts. We have a wide variety of wall charts available. You can see the full wall chart, and download an info sheet that covers the different levels of cleaning, sanitization, and more at [www.enviroxclean.com/fighttheflu](http://www.enviroxclean.com/fighttheflu)



**Sanitizer/Virucide\***: Spray a **Heavy Duty (Red)** solution to the pre-cleaned surfaces with a spray bottle, pump-up pressure sprayer. Let the product dwell (remain wet) on the surface for 5 minutes. After this, let the surface air dry or wipe away the excess liquid with a dry cloth.

Sanitizing kills most germs, rather than just removing them. High-contact surfaces should be sanitized, such as doorknobs, switches, and handles. Other areas to sanitize include toilets and urinals. This process can also be used for the specified virucide\* kill claims.



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Let Dwell for  
**5:00**  
Minutes

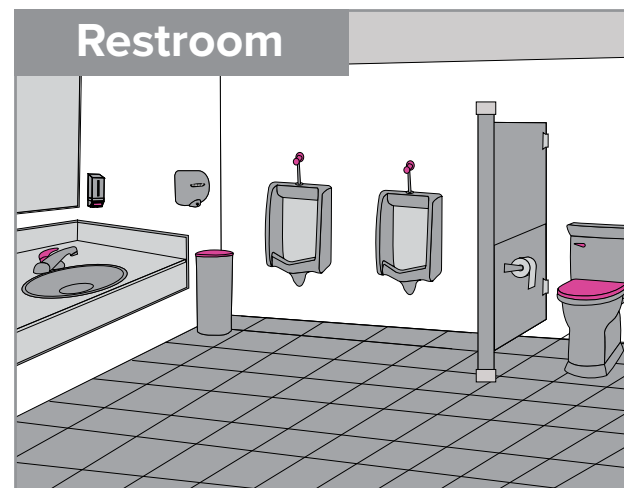
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Using one multi-purpose product is sufficient for most school needs on a regular basis. If used correctly, H2Orange2 Hyper-Concentrate 112 is EPA registered to kill 99.9% of specified viruses (Herpes Simplex Virus Type 2\*\*, Influenza A2/Japan and HIV-1). However, if you need a disinfectant:

**Disinfectant:** A separate product is required for this, **EnviroX's Non-Acid Disinfectant**. After cleaning with one of our multi-purpose products like H2Orange2 Hyper-Concentrate 112, you can use this product by spraying on a hard surface, letting it dwell 10 minutes, and then allow it to air dry or wipe excess moisture away.

These are useful when protecting against specific viruses in order to protect the health of the occupants of the buildings being cleaned. Like sanitizing, this should be applied to high-contact surfaces and areas with a higher risk of containing viruses.

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## Spread the Word Around Your School or University

We encourage you to become part of the overall solution to making your colleges and schools healthier places to work and learn. We have tools that you can either use amongst your cleaning staff or share with your administration so they can be hung around the facility.

# Flu Fighters Posters

We have different sizes of posters that use eye-catching superhero imagery to spread the message. You can download them at [www.enviroxclean.com/fighttheflu](http://www.enviroxclean.com/fighttheflu)

This one is a reminder of best practices to avoid spreading the Flu. It's available in two printer-friendly sizes.

The other one can be used in conjunction with distributing a red (Heavy Duty) bottle of H2Orange2 Hyper-Concentrate 112 to individual classrooms to encourage instructors to use it as needed. You can order the extra red spray bottles through your local distributor or by contacting our client relations team at [enviroxinfo@enviroxclean.com](mailto:enviroxinfo@enviroxclean.com)





# We're Here To Help

Thanks for reading our latest E-book. For future access to all our E-books, and to keep up to date with our latest informative articles and blogs, we invite you to [join our newsletter](#).

**If you'd like to learn more about our products and our Train in Ten™ system or arrange a no-risk trial:**

**Call [1-800-281-9604](tel:1-800-281-9604) or  
email [sales@enviroxclean.com](mailto:sales@enviroxclean.com)**

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