



Square Feat, Inc.

Swine Flu/ H1N1 Precautions

What is swine flu?

Swine flu is a respiratory disease of pigs caused by type A influenza virus.

What is the A(H1N1) virus?

This is a new influenza virus that has never before circulated among humans. This virus is not related to previous or current human seasonal influenza viruses.

How do people become infected with the A(H1N1) virus?

This virus is spread from person to person. It is transmitted as easily as the normal seasonal flu and can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces.

Prevention

What you can do for prevention:

- Cover nose and mouth with your arm or a tissue when coughing or sneezing. Immediately discard tissue after use.
- Wash hands frequently with soap and water and use instant hand sanitizer, especially after sneezing or coughing.
- Avoid touching your eyes, mouth or nose.
- Avoid close contact with infected people.
- If ill, stay home from work or school and limit contact with others.
- Try not to touch surfaces contaminated with flu virus.

What Square Feat, Inc. is doing for prevention:

- Crew members are to wear gloves during cleaning/disinfection procedures and we ensuring crew members stay home when ill.
- We are cleaning regularly and disinfecting weekly surfaces that are frequently touched by hands (door knobs, knobs for adjustment or opening, countertops, desks, light switches, telephones, etc.)
- We are using double bucket techniques, frequently changing our cleaning solution and using sprayer-based applications to prevent spreading of contamination throughout your facility.
- For health care facilities, we are using respirators/facemasks when cleaning and encouraging our workers to vaccinate with seasonal and 2009 H1N1 vaccines.

For additional information please visit www.cdc.gov or www.who.int