

# "SWINE FLU" INFLUENZA

Recent concerns of a new variation of Swine Flu Virus has prompted the centers for Disease Control to take steps to monitor and contain the disease. Patco Food Safety is listing below information relating to the Swine Flu Virus and steps we can all take to prevent each one of us from contacting the virus at work or at home.

## WHAT IS SWINE FLU?

Swine Flu is a highly contagious respiratory disease in pigs. The disease is caused by a virus and causes sickness in the animals.

## HOW DO PEOPLE BECOME INFECTED?

The CDC says that the spread of Swine Flu can occur in two ways:

- A) Through contact with infected pigs or environments contaminated with the virus
- B) Or through contact with a person who has Swine Flu.

CDC has determined that this strain of the virus is contagious and spreading among people but have not yet determined how this is happening. Young children and pregnant women are two groups of people who are at a high risk of complications with this virus. Influenza viruses like the Swine Flu can be transmitted by coughing, sneezing or touch.

## HOW SERIOUS IS THE SWINE FLU INFECTION?

Like the seasonal flu, the Swine flu infection is from mild to severe. To date, there has been one death reported in the USA. Generally, the strain responsible for this outbreak causes only mild symptoms and the infected person makes a full recovery. Unfortunately, there are no drugs specifically targeted toward this new strain of Swine Flu.

If you have already received your flu shot this year you are not protected. Developing and mass producing of new vaccine may take up to six months.

According to the Centers for Disease Control and Prevention (CDC), in humans the symptoms of swine flu are similar to those of influenza and of influenza - like illnesses in general. Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. The 2009 outbreak has shown an increased percentage of patients reporting diarrhea and vomiting.

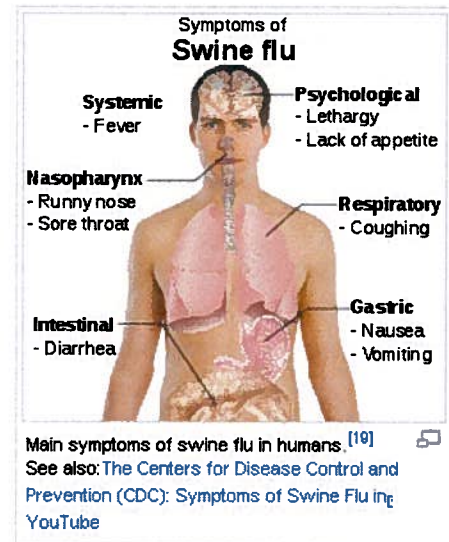
## CAN I GET SICK FROM EATING PORK?

No—The WHO (World Health Organization) says that the Swine Flu virus has not shown to be transmissible through proper handling of pork and that the virus is killed when cooking pork to the recommended internal temperature of 160°.

## WHAT CAN YOU DO TO PROTECT YOURSELF INSIDE AND OUTSIDE OF WORK?






Though the exact means of transmission between people is not known, CDC recommends following the basic health principles to try and contain the virus.

- Cover your nose and mouth with a tissue when you sneeze, and throw the tissue away after using it.
- Increasing evidence indicates that the particles of the virus can linger on table tops, telephones and other surfaces - and can be transferred via the fingers to the mouth, nose and eyes.
- Follow recommendations on when and how to wash your hands with the Patco Top Foam Hand Soap.
- The use of alcohol based Sanitizer after handwashing is recommended. Although sanitizer does not replace washing your hands. However, when handwashing is not available, alcohol based foam or gel sanitizers such as Patco SeptiClean work well to destroy viruses or bacteria on hands.
- Social distancing - stay away from other people who might become infected.



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## HOW TO WASH YOUR HANDS

Hand Washing/Hand Sanitizing	Proper Procedures	
<p><b>Materials Needed:</b></p> <ul style="list-style-type: none"><li>• Hand Wash Sink</li><li>• Patco Antimicrobial Hand Soap</li><li>• Paper Towels</li><li>• Patco Instant Hand Sanitizer</li></ul> 	 <ul style="list-style-type: none"><li>• Turn on faucet. Moisten hands. Use hot water.</li><li>• Dispense soap to hands.</li><li>• Lather hands well for 20 seconds.</li></ul>	 <ul style="list-style-type: none"><li>• Rinse hands well.</li><li>• Dry hands with paper towels.</li><li>• Discard used paper towels in proper trash container.</li></ul>
 <ul style="list-style-type: none"><li>• After properly washing hands, dispense Hand Sanitizer.</li></ul>	 <ul style="list-style-type: none"><li>• Rub hands briskly with Instant Hand Sanitizer until dry.</li></ul>	

## WHEN TO WASH YOUR HANDS

You should wash your hands any time they have been contaminated. It is recommended that you wash your hands with soap and water for 20 seconds. Suggestion: Sing Happy Birthday, it takes approx 20 seconds.

- When your shift begins
- After drinking or eating
- After smoking
- Between working with raw foods and ready-to-eat foods
- Handling money
- Picking up dropped things
- After touching or petting an animal
- After using the toilet
- After coughing or sneezing
- After handling soiled equipment
- Taking out the garbage
- Wiping counters or tables
- Whenever returning to work area

The Patco #2 Sanitizer has a number of label claims against several forms of influenza A virus'. Apply the sanitizer that has been diluted at 1oz to 4 gallons of water.

Sources: [www.cdc.gov](http://www.cdc.gov) 1-800-232-4636  
[http://en.wikipedia.org/wiki/Swine\\_influenza](http://en.wikipedia.org/wiki/Swine_influenza)

