12 Months of Safety
Protecting Your Home
During Flu Season

**General**
- Viruses can remain on surfaces for 2-8 hours.
- The influenza virus can be killed by:
  - high heat (170F - 212F)
  - chlorine bleach
  - Soap and water
- It is estimated over 80% of all infections are spread by hands

**Take Precautions**

**Wash your hands**
1. Use soap and warm water for 15-20 seconds
2. After touching anything handled by others
3. Before eating or touching your mouth, nose, or eyes
4. Use hand sanitizers when there is no access to soap and water

**Cover your nose and mouth**
- Use a tissue when you cough or sneeze
- Throw the tissue in the trash after use

**If you or others are sick**
- Avoid others who are feeling under the weather
- If you fall ill, avoid infecting others by staying home until 24 hours after your fever is gone

**What can I do at home?**
- Clean and disinfect the areas of your home that are shared by family members. These include:
  - Door handles
  - Drawer and cabinet pulls
  - Faucets
  - Table and Counter tops
  - Linens
  - Eating utensils
  - Telephones and remote controls
  - Computer keyboards and mice
- Your kitchen sink may be infected with viruses and bacteria
  - Regularly clean your sink with a bleach solution
  - Keep an alcohol-based hand sanitizer near your sink for quick and easy access

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