

# INFLUENZA TRANSMISSION IN EXTENDED CARE

Influenza (flu) is a highly contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, including residents with certain comorbidities such as asthma, emphysema or chronic obstructive pulmonary disease, are at higher risk for complications from Influenza.

## Transmission<sup>1</sup>

- Influenza spreads primarily from person to person and environmental surface to person through inanimate objects. The primary way to spread Influenza is through inhaling droplets created when a person sneezes or coughs. Those infected with the virus can spread it to others up to six feet away. It may also spread when a person touches respiratory droplets on another person or object, such as bedside table or call button, and then touches his or her own mouth or nose before sanitizing his or her hands.
- Most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5-7 days after becoming sick. Because of the communal living areas that exist within Extended Care settings, the transmission of Influenza poses a tremendous infection risk to residents, visitors and staff members.

## Breaking the Chain: Preventing Transmission<sup>2</sup>

According to the Centers for Disease Control and Prevention, there are basic preventative action steps that can help prevent the spread of Influenza:

- Receive the flu vaccine annually as directed by your healthcare provider. The flu vaccine does not give patients the flu.
- Take everyday preventative actions to stop the spread of germs including hand hygiene and disinfection of high-touch environmental surfaces.
  - ✓ Hand Hygiene is the most basic element of infection prevention for preventing the transmission of Influenza. Use an alcohol-based hand rub when soap and water is not available.
  - ✓ Suspected or confirmed patients with Influenza should be placed on droplet precautions, and not allowed to wait in general waiting rooms while waiting to be seen.
  - ✓ Disinfect high-touch, noncritical items and environmental surfaces, such as bedside tables, walkers, wheelchairs, patient call lights and bed rails with an EPA registered, hospital-grade disinfectant with approved efficacy claims against the Influenza virus.
  - ✓ Seek medical attention for severe cases of Influenza. There are antiviral medications that can be prescribed when appropriate to lessen the severity of symptoms.

**PDI's Support:** PDI is here with you every step of the way with updated information and customized solutions to meet your needs when dealing with daily disinfection, emerging pathogens, outbreak situations, and seasonal influenza activity.

**Sani-Cloth® Germicidal Disposable Wipes:** The following **Sani-Cloth** products have efficacy claims against clinically significant bacteria, viruses, and pathogenic fungal organisms and meets all accreditation and evidence-based recommendations, as well as regulatory requirements.






**Sani-Cloth® Bleach**  
GERMICIDAL DISPOSABLE WIPE

Effective against *Clostridium difficile* spores and Norovirus.<sup>4</sup>






**Super Sani-Cloth®**  
GERMICIDAL DISPOSABLE WIPE

The #1 surface disinfecting wipe in healthcare<sup>3</sup>. Short contact time with broad spectrum efficacy.






**Sani-Cloth® AF3**  
GERMICIDAL DISPOSABLE WIPE

Alcohol & Fragrance free – ideal for use around those with respiratory sensitivities.



**Sani-Hands® Instant Hand Sanitizing Wipes:** Meet CDC requirements for hand hygiene for healthcare workers, and are also appropriate for patient use.<sup>5,6</sup>

- Contains 70% Ethyl Alcohol and clinically proven to kill 99.99% of germs<sup>7,8</sup>
- FDA Food Code Compliant. Safe to use before eating and drinking<sup>9</sup>
- Proven to remove dirt and soil better than gels and foams<sup>8,10</sup>

PDI PRODUCT DESCRIPTION	REORDER NO.	WIPE SIZE	PACKAGING
Super <b>Sani-Cloth</b> Large Canister	Q55172	6" x 6.75"	160/can, 12 cans/cs
Super <b>Sani-Cloth</b> X-Large Canister	Q86984	7.5" x 15"	65/can, 6 cans/cs
Super <b>Sani-Cloth</b> Large Individual Packets	H04082	5" x 8"	50/box, 10 boxes/cs
Super <b>Sani-Cloth</b> X-Large Individual Packets	U87295	11.5" x 11.75"	50/box, 3 boxes/cs
<b>Sani-Cloth</b> AF3 Large Canister	P13872	6" x 6.75"	160/can, 12 cans/cs
<b>Sani-Cloth</b> AF3 X-Large Canister	P63884	7.5" x 15"	65/can, 6 cans/cs
<b>Sani-Cloth</b> AF3 Large Individual Packets	H59200	5" x 8"	50/box, 10 boxes/cs
<b>Sani-Cloth</b> AF3 X-Large Individual Packets	U27500	11.5" x 11.75"	50/box, 3 boxes/cs
<b>Sani-Cloth</b> AF3 Pail	P1450P	7.5" x 15"	160/pail, 2 pails/cs
<b>Sani-Cloth</b> AF3 Refill	P2450P	7.5" x 15"	160/refill, 2 refills/cs
<b>Sani-Cloth</b> Bleach Large Canister	P54072	6" x 10.5"	75/can, 12 cans/cs
<b>Sani-Cloth</b> Bleach X-Large Canister	P25784	7.5" x 15"	65/can, 6 cans/cs
<b>Sani-Cloth</b> Bleach Large Individual Packets	H58195	5" x 7"	40/box, 10 boxes/cs
<b>Sani-Cloth</b> Bleach X-Large Individual Packets	U26595	11.5" x 11.75"	40/box, 3 boxes/cs
<b>Sani-Cloth</b> Bleach Pail	P7007P	7.5" x 15"	160/pail, 2 pails/cs
<b>Sani-Cloth</b> Bleach Refill	P700RF	7.5" x 15"	160/refill, 2 refills/cs
<b>Sani-Hands</b> Medium Canister	P13472	6" x 7.5"	135/can, 12 cans/cs
<b>Sani-Hands</b> Large Canister	P15984	6" x 7.5"	220/can, 6 cans/cs
<b>Sani-Hands</b> Bedside Pack	P71520	5.5" x 8.4"	20/pack, 48 packs/cs
<b>Sani-Hands</b> Individuals	D43600	8" x 5"	100/box, 10 boxes/cs
<b>Easy Screen®</b> Cleaning Wipes	P03672	6 x 9	70/can, 12 cans/cs

For more information, please visit [www.pdihc.com](http://www.pdihc.com) or [www.cdc.gov/flu](http://www.cdc.gov/flu).  
 1 Influenza Basics, electronically accessed from <http://www.cdc.gov/flu/about/disease/index.htm>, US Centers for Disease Control and Prevention, August 4, 2016  
 2 Infection Control in Healthcare Facilities, Electronically accessed from <http://www.cdc.gov/flu/professionals/infectioncontrol/index.htm>, US Centers for Disease Control and Prevention, August 4 2016.  
 3 Q3 2016 QHM data.  
 4 See PDI Technical Data Bulletin for a complete list of microorganisms.  
 5 Guidelines for Hand Hygiene in Healthcare Settings, US Centers for Disease Control and Prevention, 2002.  
 6 Strategies to Prevent Healthcare-Associated Infections through Hand Hygiene. Infection Control and Hospital Epidemiology, Vol. 35, \ No. S2: A Compendium of Strategies to Prevent Healthcare-associated Infections in Acute care Hospitals: 2014 Updates (September 2014), pp. S155-S173 <http://www.jstor.org/stable/10.1093/infdis/jir116>  
 7 Stout, JE. Efficacy of Alcohol-Based Hand Sanitizers (ABHS): A Hand Wipe (65.9% Ethanol) Exceeds the Killing Capacity of a Gel Rub (62% Ethanol). American Journal of Infection Control, Nov 2010.  
 8 Clinical data is representative of Sani-Hands (NDC #: 10819-50) 65.9% Ethyl Alcohol formulation vs. the Purrell (NDC #: 21749 515) 62% Ethyl Alcohol formulation.  
 9 Food Code Recommendations of the United States Public Health Service Food and Drug Administration, 2013.  
 10 Data on file, PDI, Orangeburg, NY.

