

Dear Procter and Gamble Professional customer,

Here are some basics on 2009 H1N1 – also known as Swine Flu – and its transmission. This information was taken from the Centers for Disease Control & Prevention ([www.cdc.gov](http://www.cdc.gov)), the Environmental Protection Agency ([www.epa.gov](http://www.epa.gov)), and the United States Department of Health and Human Services ([www.dhhs.gov](http://www.dhhs.gov)).

We have also included some background on our line-up of disinfecting and cleaning products.

We hope that you will find this information helpful with your businesses' cleaning needs during this time of concern.

Thank you,

The P&G Professional Team

**2009 H1N1 (SWINE FLU) FAQs**

The following information on 2009 H1N1 (Swine Flu) is from the Centers for Disease Control and Prevention ([CDC](#)). More information can be found from the CDC and other public health organizations at the links provided in the text below.

**What is 2009 H1N1 (Swine Flu)?**

2009 H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](#) (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

**Why is 2009 H1N1 virus sometimes called “Swine Flu”?**

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

**Are there human infections with 2009 H1N1 virus in the U.S.?**

Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment. CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak. This information is presented in a weekly report, called [FluView](#).

**Is 2009 H1N1 virus contagious?**

CDC has determined that 2009 H1N1 virus is contagious and is spreading from human to human.

**How does 2009 H1N1 virus spread?**

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

**What are the signs and symptoms of this virus in people?**

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and death has occurred as a result of illness associated with this virus.

**How severe is illness associated with 2009 H1N1 flu virus?**

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of 2009 H1N1-related complications thus far. CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to 2009 H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against 2009 H1N1 flu by any existing antibody.

### **How does 2009 H1N1 flu compare to seasonal flu in terms of its severity and infection rates?**

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized from flu-related causes. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60 percent of hospitalization occur in people older than 65.

When the 2009 H1N1 outbreak was first detected in mid-April 2009, CDC began working with states to collect, compile and analyze information regarding the 2009 H1N1 flu outbreak, including the numbers of confirmed and probable cases and the ages of these people. The information analyzed by CDC supports the conclusion that 2009 H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this 2009 H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

### **How long can an infected person spread this virus to others?**

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

### **Can I get Swine Influenza from preparing or eating pork?**

No. Swine Influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

### **What can I do to protect myself from getting sick?**

This season, there is a [seasonal flu vaccine](#) to protect against seasonal flu viruses and a [2009 H1N1 vaccine](#) to protect against the 2009 H1N1 influenza virus (sometimes called "swine flu"). A flu vaccine is the first and most important step in protecting against flu infection. For information about the 2009 H1N1 vaccines, visit [H1N1 Flu Vaccination Resources](#). For information about seasonal influenza vaccines, visit [Preventing Seasonal Flu With Vaccination](#).

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

**What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands -- with soap and warm water – and that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

**What should I do if I get sick?**

If you live in areas where people have been identified with 2009 H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

**❖ In children, emergency warning signs that need urgent medical attention include:**

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

**❖ In adults, emergency warning signs that need urgent medical attention include:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

**Are there medicines to treat 2009 H1N1 infection?**

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with 2009 H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current pandemic, the priority use for [influenza antiviral drugs](#) is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

**What are the plans for developing 2009 H1N1 vaccine?**

Vaccines are the most powerful public health tool for control of influenza, and the U.S. government is working closely with manufacturers to take steps in the process to manufacture a 2009 H1N1 vaccine. Working together with scientists in the public and private sector, CDC has isolated the new H1N1 virus and

modified the virus so that it can be used to make hundreds of millions of doses of vaccine. Vaccine manufacturers are now using these materials to begin vaccine production. Making vaccine is a multi-step process which takes several months to complete. Candidate vaccines will be tested in clinical trials over the few months.

**When is it expected that the 2009 H1N1 vaccine will be available?**

The 2009 H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing

**Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?**

The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

**Where will the vaccine be available?**

Every state is developing a vaccine delivery plan. Vaccine will be available in a combination of settings such as vaccination clinics organized by local health departments, healthcare provider offices, schools, and other private settings, such as pharmacies and workplaces.

**Where can I get more information on 2009 H1N1?**

For more information, please refer to included information and guideline documents generated by the Centers for Disease Control and Prevention (CDC) and other public health organizations:

- CDC's 2009 H1N1 information: <http://www.cdc.gov/h1n1flu/>
  - US Department of Health and Human Services-Pandemic Influenza Plan: <http://www.hhs.gov/pandemicflu/plan/>
  - Occupational Safety and Health Administration: Pandemic Influenza Preparedness and Response Guidance: <http://www.osha.gov/dsg/topics/pandemicflu/index.html>
- The official U.S. government web site for information on pandemic, seasonal, and 2009-H1N1 influenza: [www.pandemicflu.gov](http://www.pandemicflu.gov).

**P&G PROFESSIONAL'S SANITATION PROGRAM**

P&G's comprehensive sanitation program (including products and procedures) for the foodservice and janitorial businesses are designed to help prevent the general transmission of viruses and other pathogens that cause illness.

We recommend cleaning and disinfecting surfaces with P&G Professional, EPA-registered hospital detergent / disinfectants, paying particular attention to those that are frequently touched (especially in customer or high use areas). Examples include:

Shopping cart handles	Door knobs/handle	Sink faucets	Food trays
Counter tops	Phones	Chairs Tables	Handrails
Elevator buttons	Light switches	Workout equipment	Cash Registers
Toilet handles	Office equipment		

**Does P&G have disinfecting products that kill H1N1?**

The has EPA posted information on their website listing over 500 disinfectant products registered for use on hard, non-porous surfaces against influenza A viruses. EPA believes, based on available scientific information, that the currently registered influenza A virus products will be effective against the 2009-H1N1 flu strain and other influenza A virus strains on hard, non-porous surfaces.

The following P&G products are listed among the products the EPA has cited as being effective against the 2009-H1N1 flu strain:

- **Spic and Span Disinfecting All-Purpose Spray and Glass Cleaner** (ready to use form)  
EPA Registration Number 6836-245-3573
- **Spic and Span Disinfecting All-Purpose Spray and Glass Cleaner** (concentrate form)  
EPA Registration Number 6836-244-3573
- **Comet Disinfecting Bathroom Cleaner** (ready to use form)  
EPA Registration Number 3573-54
- **P&G Pro Line Disinfecting Floor Cleaner** (with optional usage as a spray product)  
EPA Registration Number 8155-23-3573
- **Clean Quick Broad Range Quaternary Sanitizer** (following disinfection procedures)  
EPA Registration Number 6836-278-3573

For safe and effective use of these products, always follow label instructions for these products, paying special attention to the product's dilution rate (if applicable) and contact time.

**Products that may help you meet your cleaning needs**

**Personal Hygiene:**



- *Safeguard® Hand Soap* – Soap and water should be used to frequently wash hands. Washing your hands for at least 20 seconds is known to reduce the spread of germs.



- *DCT Hand Sanitizer* - Can be considered for use in customer and/or worker areas. Recommended when soap and water are not available. This product conforms to the CDC recommendations as an alcohol based topical hand sanitizer.

**Surface Cleaning and Disinfection:**



- *Spic & Span® Disinfecting All-Purpose Spray and Glass Cleaner* – Should be used to clean and disinfect dry surfaces, focusing on those that are frequently touched by multiple people. EPA registration number 6836-244-3573.



- *Comet® Disinfecting Bathroom Cleaner* – Should be used to clean and disinfect surfaces exposed to water (showers, sinks, etc.) EPA registration number 3573-54.

**General Surface Cleaning:**



- *Comet® Cleaner with Bleach* – Can be used to clean multiple surfaces, focusing on those that are frequently touched by multiple people. This product is not a registered disinfectant; however, it does contain sufficient levels of sodium hypochlorite bleach that conform to CDC disinfectant recommendations.

### Surface Sanitization:



*Clean Quick® Sanitizers* (quaternary ammonium and chlorine based) – Can be used to sanitize surfaces. EPA registration numbers 1275-27-3573 (chlorine sanitizer and cleaner), 10634-19-3573 (packets), 6836-278-3573 (broad range quat sanitizer red).

### Floor Disinfection



- *P&G Pro Line Disinfectant Floor Cleaner* - Combines activity of dialkyl quat with powerful cleaning agents, buffered to a neutral pH for no-rinse cleaning and disinfecting. One-step cleaner, disinfectant, and deodorizer. Can also be diluted for spray usage. EPA registration number 8155-23-3573.

### Toilet Cleaning



- *Mr. Clean Toilet Bowl Disinfectant / P&G Pro Line Thickened Acid Toilet Bowl Cleaner* - Ultra-thick detergents and highly effective acid formulae removes and helps keep toilet bowls and urinals free of hard water build-up. Both products clean, disinfect, deodorize and remove mineral deposit and rust. EPA registration numbers 3573-53 and 8155-6-3573.

### How to get more information on P&G Professional's products

For more information on proper use of these products and other P&G products, refer to your Procter & Gamble Professional sanitation procedure manual or call the toll free numbers **1-800-332-RSVP** or **1-888-4PG-PROLINE**