

# Health and Safety

Your Joint Health & Safety Committee Newsletter

October 2009

## Influenza Prevention . . . "It's in Your Hands"

The best defense against the spread of infection is to wash your hands frequently with soap and water or use an alcohol based hand sanitizer



### Hand Sanitizer



Additional dispensers have been distributed around the College.

### Sanitizing Wipes



Keep common surfaces clean and disinfected!

New

#### What is in it?

- 72% alcohol
- Fragrance-free
- Non-sticky foam

- 0.5% hydrogen peroxide
- Fragrance-free
- Dispenser surface inhibits the growth of microorganism

#### Where are they?

- Business centres
- Main Entrances
- Cafeteria
- High traffic areas

- Business centres
- Computer labs
- Areas with shared equipment

#### How is it used?

- Rub sanitizer over hands and fingers for 15 seconds
- Do not rinse

- Wipe any shared hard surface (mouse, keyboard, headphones)
- Let air dry

#### What Else Can I Do to Prevent the Flu?

- ☞ Cough & sneeze into a tissue or your sleeve, not your hand.
- ☞ Keep your hands away from your eyes, nose and mouth.
- ☞ Stay home if you are sick.
- ☞ Reduce or avoid close contact with others.

#### H1N1 Influenza Symptoms:

- ☞ Fever and cough
- ☞ Runny nose
- ☞ Sore Throat
- ☞ Body aches
- ☞ Fatigue
- ☞ Lack of appetite