

Best defense against flu? Facts to halt its spread.

By Lisa Huisingh, Housekeeping Manager

Although we cannot completely stop the flu, together we can reduce the number of people who become severely ill. Every household should make plans for preventing the spread of flu and caring for ill members. Every business, school, club, clinic, faith community, social organization and government department should review workflows and policies.

It is important to remember that although vaccinations are among the safest and most effective medications, they are not the only tool we have available to protect ourselves, our families, co-workers and community. The following hygiene and self-care tools are also effective in helping to prevent spread of flu:

- 1.** Wash hands frequently. Soap and warm water are best. Use waterless hand sanitizer if soap and water are unavailable.
- 2.** When you are sick, keep your distance from others to protect them from getting sick too. Stay home from work or school when you are ill. Protect your colleagues and the community and avoid close contact with people who are sick.
- 3.** Cover coughs and sneezes with a tissue or sleeve. Dispose of tissues promptly then wash hands. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 4.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The hygiene and cleanliness standards at the Seattle Athletic Club Downtown are above and beyond what you would find at your typical Athletic Club. As an example, in preparation for the flu season we have stocked our club with extra hand sanitization stations and every towel station with extra bottles of Buckeye's Sanicare Lemon Quat 64. In addition, we spray all equipment with Sanicare TBX. All these products have the Avian Influenza claims along with the Human Influenza virus claim.

For up-to-date information about pandemic flu: www.flu.washington.gov

For information about signs and symptoms and caring for ill people: For information on preparing your home, business, religious center, or school: www.flu.gov

