



Know the Difference

Cleaning and disinfecting are important ways to prevent the spread of the flu virus and COVID-19 in schools. A flu virus can live up to 48 hours on a surface, but usually dies in 2-8 hours. Normal cleaning can eliminate most hazards.

Sanitizing.

Sanitizing is the process of cleaning or disinfecting

Cleaning.

Cleaning removes germs, dirt and impurities. Use soap and water to lower the numbers of germs and prevent the spread of infection.

Disinfecting.

Disinfecting kills germs on surfaces. Use approved chemicals to kill the germs after cleaning.

Washing hands, using hand sanitizer, and preventing children from sharing items will also prevent the spread of the virus.

AVOID THE FLU: Sanitation and Vaccines

The CDC issues frequent warnings when flu outbreaks become deadly outbreaks. Before COVID-19, the annual Influenza season was the most common viral killer. Historically, up to five percent of the country could be sickened, and often those afflicted die within 1-2 days of being diagnosed. School districts around the country periodically close due to widespread contagion and mobile treatment centers are sometimes set up outside hospitals to care for the hundreds of patients. COVID-19 has lessened the emphasis on Flu Season, but has not diminished the threat. Now, we have to worry about both.

The Flu Shot and COVID-19 vaccine Get BOTH

Regardless of your personal views on vaccinations, the CDC recommends you ensure you and your children get the flu shot annually. It takes about two weeks for the antibodies to develop in the body after the injection. While the vaccine's effectiveness varies each year, it will reduce the severity if it does not prevent the infection entirely. The flu season can last into May.

Symptoms to be concerned about:

Like COVID-19, The flu is a viral respiratory disease, leading to high fevers, headaches, coughs, muscle pains, and runny noses. The very dangerous symptoms include:

Shortness of breath Labored breathing
Blue skin Dehydration

If you or someone in your family has these symptoms or a very high fever, seek medical aid immediately. Stay home from work/school for 24 hours after your fever subsides.

RESOURCES

Center for Disease Control, Flu: <https://www.cdc.gov/flu/index.htm>

Pediatrics study on flu vaccine: <http://pediatrics.aappublications.org/content/early/2017/03/30/peds.2016-4244>

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, Loss Prevention Manager for STSIG. kwalling@stsig.org, or 530-221-6444.