

Help Prevent Swine Flu

(and other seasonal viruses)



As the Swine flu virus is spreading Ireland's Chief Medical Officer Tony Holaghan is alerting everyone that there will be many more cases this winter and everyone has to take as many precautions as they can to reduce the spread. In addition to seeking medical advice and treatment, good hygiene practices are essential if the chances of catching the virus are to be reduced.

The virus is easily spread through the air by people coughing, and sneezing, and can also spread to your hands from surfaces which other people have sneezed on or touched e.g. door handles. Make sure these surfaces are thoroughly cleaned with a bleach-based product. Remember that the virus can be transmitted on any hand contact sites (i.e. telephones, door handles, tap handles etc.).

Treat your hands as potentially contaminated and avoid touching your nose and eyes. If someone leaves a tissue lying around on surfaces be aware that hands may become contaminated after touching it – so washing hands immediately after touching any suspect item is important. Dispose of the tissues in appropriate bins.

Service Matters has a range of products that will help you maintain good hygiene standards. These include:

- Effective Hand Washing – Antibacterial Soap
- Effective Hand Drying – Cotton Roller Towels (Thermonally Disinfected @ 85°) / Paper Towels
 - Critical Information Signage – Helps make people aware of potential contamination.
 - Using Hand Sanitisation Gel
 - Using Surface Sanitisers



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Clean Hands Save Lives!

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