FLU FACTS
PREVENT YOURSELF AND YOUR LOVED ONES FROM THE FLU SEASON

HOW DOES IT SPREAD?
Mostly via droplet infection...
... also via hands and surfaces.

MOST TOUCHED SURFACES IN HEALTH CARE ENVIRONMENT1:
- Supply cart
- IV pump
- Bed rail
- Overbed tables
- Door knob

Germs can survive up to several months on surfaces!

HOW TO PREVENT THE SPREAD?
- Correct cough / sneeze technique
- Avoid close contact with people who have the flu
- Wash and disinfect your hands correct and regularly
- Stay home if you are sick
- Avoid touching eyes, nose mouth
- Disinfect surfaces regularly

NOSE BLOWING, SNEEZING AND COUGHING ETIQUETTE

Do not cough or sneeze in your hands
Use a tissue and dispose immediately
If you do not have tissue: cough or sneeze into your upper sleeve

www.bbraun.com/hand-hygiene