Studies have shown that influenza virus can survive on environmental surfaces, like books and doorknobs, and can infect a person for 2 to 8 hours after being deposited on the object.

1. To prevent the spread of influenza virus it is important to keep surfaces (bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

2. Influenza virus is killed by chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodine-based antiseptics, and alcohols. These chemicals are effective against human influenza viruses if used in proper concentration for a sufficient length of time.

3. Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
   - Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contamination and wash your hands after handling dirty laundry.
   - Eating utensils should be washed either in a dishwasher or by hand with water and soap.

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