



THE COMPLETE FLU SEASON FACT GUIDE FOR BUSINESSES & FACILITIES

The last quarter of the year tends to be the busiest for businesses and facilities, but fevers, sore throats and dry coughs caused by influenza can interrupt operations and plans.

While October marks the official start of flu season, cases tend to spike in November and can last until May. Now that flu season 2019-20 is underway, here's what you need to know.

THE 2018-19 FLU SEASON WAS ONE OF THE DEADLIEST ON RECORD

- **Last year's** 2018-19 flu season shattered several records during its 21-week streak, making it the longest in a decade.
- **According to the CDC**, 43 million people were sickened by influenza, 647,000 were hospitalized, and 80,000 died.
- **There are several indicators** that this year's flu season could be another record-breaker, according to industry experts.

43
million people got sick with influenza in the 2018-19 flu season



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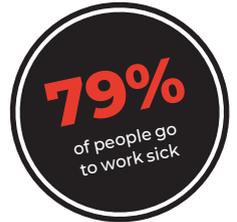
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HOW THE FLU GETS INTO YOUR FACILITY OR BUSINESS

The flu finds its way into businesses and facilities several ways. Here are the most common.

- **Sick People**

Although people are supposed to stay home when they are sick with the flu, many don't. In fact, studies show that 79% of people admitted to going to work while sick and others confessed to still going to the gym even though they know they are contagious.



- **Contaminated Objects**

Flu germs can hitch a ride on seemingly innocent objects like shoes, cups, purses, gym bags, and phones. If these contaminated items come into contact with anyone or any other surface, germs can rapidly proliferate and migrate to other areas.

- **Hands**

Approximately 80% of infections spread by hand, including influenza. It's estimated that 95% of people who wash their hands aren't doing it effectively enough to kill germs, and only 66% of people wash their hands after using the restroom.



HOW INFLUENZA IMPACTS OPERATIONS

When the flu strikes businesses and facilities, it can wreak havoc on projects, operations and end plans. Here's how...

- **Absenteeism**

Nearly 17 million days of work and over 2,000 days of school are missed each year because of the flu.



- **Work Stops**

With employees being out sick, things may be delayed or not get done at all due to their absences.

- **Work/Tasks Pile Up or Get Pushed Back**

Important tasks or projects may be pushed back if leaders or key people are out of the office. This can include meetings and conferences. If they miss enough days over time, items may pile up and it can be difficult for them to catch up.

10 FLU FACTS TO KNOW

1. The CDC estimates that up to 49 million people get sick with the flu annually.
2. The most common way that the flu spreads is through the air. One sneeze can send germs flying 6 to 19 feet away.
3. Flu viruses can survive on a surface for up to 24 hours and can live suspended in the air for several hours, especially in cooler temperatures.
4. Flu season runs from October to May and peaks between November and February.
5. Nearly 17 million days of work are missed each year because of the flu.
6. 39% of employees reported going to work with the flu or flu-like symptoms in one 2017 study.
7. People over 65, infants, and people with existing infections are at a higher risk of getting and dying from the flu.
8. Proper and thorough hand washing is the best way to prevent getting the flu.
9. The most common surfaces that flu viruses live on are hard surfaces in high-touch, public areas, like doorknobs and faucets.
10. Around 80,000 people died from the flu during the 2017-18 flu season with an average flu season resulting in between 12,000 to 56,000 deaths.

One sneeze can send flu germs flying up to 19 feet away

The flu virus can survive on a surface for up to 24 hours unless killed

Door knobs are the most common surface the flu virus lives on

KILLING THE FLU IN YOUR BUSINESS OR FACILITY

Here's what you can do to prevent the spread of the flu and keep your employees and customers safe.

- **Get Wipes**

Stock up on disinfectant wipes EPA registered to kill cold & flu viruses. Make sure the product has a low dwell time - 4 minutes or less is ideal.

- **Give Reminders**

Put up signs that encourage regular and proper handwashing and reminders to cover mouths when sneezing and coughing.

- **Sanitize and Disinfect Often**

Be prepared to sanitize and disinfect more frequently. You may have to make changes to your cleaning schedule or provide disinfecting wipes for employees to help keep workspaces cleaner and safer.

STAY FLU FREE!

Whatever you do, don't let the flu catch you or your facility off guard this season! Use these flu facts to keep your business, customers, and employees safe.