

Cleaning Objects/Surfaces to Prevent Spreading H1N1

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Similar to the influenza virus which can live on hard objects and hard surfaces for up to 48 hours, **regular cleaning with common household cleaners is recommended for the H1N1 flu virus at this time.**

How to Clean Surfaces

"High-touch" surfaces, such as doorknobs, light switches, hand rails, telephones, computer keyboards, and sink handles should be cleaned at least twice daily.

"Low-touch" surfaces, such as floors, walls, ceilings, mirrors and window sills require cleaning on a regular (but not necessarily daily) basis, or when soiling or spills occur.

Proper Cleaning Reduces the Spread Germs and Viruses

Keep hard surfaces such as kitchen countertops, desktops, infant high chairs, bathroom surfaces, and bedside floors, clean and sanitary. The frequency of cleaning and sanitizing individual items or surfaces in a particular area or department depends on whether surfaces are:

- "High-touch" or "Low-touch",
- the type of activity taking place in the area and the risk of infection associated with it (e.g. washroom vs. meeting room),
- the vulnerability of clients/patients/residents housed in the area,
- the probability of body fluid contamination on surfaces in the area.

Remember to:

Start with a clean cloth

Never re-use any cloths

Soak the cloth in the cleaning solution and then wipe food preparation areas, or large toys.

For smaller items, place the entire object into a container filled with the cleaning solution.

Follow the manufacturer's label instructions carefully when using purchased cleaners.

Do not mix any cleaners unless labels clearly indicate that it is safe to do so.

Pay attention to any hazard warnings for using personal protective items. (such as gloves or masks)



1. Clean all items with soap or detergent and water.
2. Rinse items with clean, clear water.

Website Links

For more information and recommendations on cleaning and disinfection, you can visit the following websites:

- [Antimicrobial Products Registered for Use Against Influenza A Viruses on Hard Surfaces](#)
- [List of Registered Products with Label Claims for Influenza A](#)
- [Public Health Agency of Canada](#)

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