

USEFUL INFORMATION FOR PRECAUTION AGAINST SWINE FLU



JANGRO



New Government Guidelines urge us to remain vigilant of spreading germs and bacteria to one another.

Jangro have put this leaflet together with a selection of recommended products, which will help you to achieve a germ free environment.

How does swine flu spread?

Flu viruses are made up of tiny particles that can be spread through the droplets that come out of your nose and mouth when you cough or sneeze.

When you cough or sneeze without covering your nose and mouth with a tissue, those droplets can spread and others will be at risk of breathing them in.

If you cough or sneeze into your hand, those droplets and the germs in them are then easily spread from your hand to any hard surfaces that you touch, and they can live on those surfaces for some time. Everyday items such as door handles, computer keyboards, mobile and ordinary phones and the TV remote control are all common surfaces where flu viruses can be found.

If other people touch these surfaces and then touch their faces, the germs can enter their systems and they can become infected. That's how all cold and flu viruses, including swine flu, are passed on from person to person.

The best thing you can do to protect yourself is to follow good hygiene practices.

These will help to slow the spread of the virus and will be the single most effective thing you can do to protect yourself and others from infection.

When you cough or sneeze it is especially important to follow the rules of good hygiene to prevent the spread of germs: **Always carry tissues. Use a clean tissue to cover your mouth and nose when you cough and sneeze. Bin the tissue after one use. Wash your hands with soap and hot water, and use alcohol gel hand rub regularly.**

There are two major ways we can help control the spread of flu and other viruses, and both relate to personal hygiene habits – **hand hygiene** and the **control of coughing and sneezing**.

Hand hygiene is vitally important in reducing the spread of bacteria. Whilst the age-old battle continues between the benefits of hot air dryers and paper towels, tissue must win the hygiene argument as it removes bacteria remaining on the hands and is disposed of hygienically.

Think about it... If every worker was provided with good washroom facilities including an antibacterial hand wash, paper towels and alcohol gel hand rub plus a box of tissues next to their workplace, the saving in lost time from sickness would be minimal with greater productivity!

What to do if you suspect you have got it...

1. Limit contact with others
2. Don't go in person to see a GP or other health services
3. Do stay at home and **call your GP by telephone**, call NHS Direct on **0845 4647** in England, **08454 242424** in Scotland, **0800 0514 142** in Northern Ireland or visit **www.nhs.uk**

CATCH IT, BIN IT, KILL IT



Use a tissue

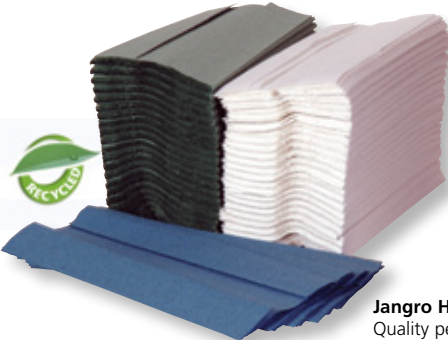


Luxury Professional Tissues
2 ply soft white tissues, 100 sheets per box, 36 boxes per case.
AG202

Facial Tissue Dispenser
Stainless steel. Wall mounted.
AH091



Wash your hands



Jangro C-fold Hand Towels - 1 Ply

2944 paper towels per case.

AE115 Blue

AE116 Green

AE104 White



Jangro Hand Soap with Bactericide

Quality pearlised hand soap with bactericidal ingredients. Unperfumed, suitable wherever food is handled.

BK103-50 500ml

BK103-1 1 litre

BK103-5 5 litre



Keep your hands clean

Handy Clip
Fastening



Fits 500ml
bottles.



Jangro Alcohol Gel Hand Rub

Alcohol based skin disinfectant. Use after routine hand washing and when soap or water is not readily available. Will evaporate from hands and kill bacteria almost immediately without leaving a residue or odour. 75ml bottle comes with a handy fastening clip.

BK140-075 75ml

BK140-50 500ml

BK140-5 5 litre

Wall Bracket

Wall mounted bracket to fit 500ml bottles.

BK010

Get stocked up now before supplies run out.



Clean surfaces regularly



Jangro Surface Sanitising Wipes

An impregnated wipe with bactericidal solution for use in all food handling areas. Kills the bacteria that causes MRSA, E-coli and most other bacteria.

Sheet size 22 x 20cm (8.7"x7.9").

BB190 200 Wipes



Jangro Cleaner Disinfectant

Disinfects, cleans and deodorises in one application.

Kills M.R.S.A. and passes EN 1276.

BA050-75 750ml

BA050-5 5 litre



Jangro Medical Sanitiser

Effective against a wide range of bacteria including E-coli & MRSA, and also the virus that cause Hepatitis B and HIV. Ideal for wiping all washable hard surfaces in medical areas to help prevent infection.

BA051-75 750ml

BA051-5 5 litre



**KILLS
E-COLI &
SALMONELLA**

Jangro Kitchen Cleaner Sanitiser Odourless

Multi-purpose cleaner sanitiser and terminal disinfectant. Removes general soiling and kills bacteria. Unperfumed formulation makes it ideal for use in kitchens. Passes EN 1276.

BB010-75 750 ml

BB010-5 5 litre

Wear a face mask



Face Masks

A wide range of respiratory dust masks are available on request.

Wear gloves



Jangro Disposable Gloves

A large range of quality gloves are available which provide excellent protection and are comfortable to wear.

For more information or to purchase these products contact:



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