

NEWS RELEASE

Canadians Reminded to Protect Themselves Against H1N1 Influenza Virus

OTTAWA, June 15, 2009 – In the wake of the World Health Organization (WHO) announcement declaring a full-scale pandemic for H1N1 Influenza virus, the Canadian Consumer Specialty Products Association is reminding Canadians of the practical steps they can take to avoid being infected by the virus.

“It has been 41 years since we have been faced with such a pandemic and it is critical that everyone take the proper preventive measures to help protect themselves and their families,” said Shannon Coombs, President of CCSPA.

“Flu viruses are spread through coughing, sneezing, or touching a contaminated surface,” Coombs said. “Frequent handwashing and using antimicrobial products, such as disinfectants, to clean surfaces and objects handled by people with influenza are important steps that prevent the spread of dangerous germs.”

CCSPA recommends Canadians take the following precautions to stay healthy:

- Wash your hands often.
- Clean and disinfect surface areas frequently.
- Use disinfectants or sanitizers properly by following label directions to kill germs on commonly touched surfaces such as telephones, keyboards, doorknobs, and countertops.
- Cover your mouth and nose with a tissue when coughing or sneezing, or cough and sneeze into your arm or sleeve, to avoid contaminating commonly touched surfaces.
- Limit close contact with others who have a cold or the flu.
- Avoid contact with others when you have a cold or the flu. When possible, stay home from work or school and keep your germs to yourself.

To heighten awareness about the importance of handwashing, CCSPA and the Canadian Institute of Child Health recently launched a new program called “*William, Won't You Wash Your Hands?*” The program's information kit provides valuable resources on handwashing for preschool children and preschool educators. The kit is being distributed free of charge to approximately 12,000 early learning and care programs, family resource centres and public health units in Canada, making this resource available to approximately 265,000 children across Canada and their families.

More information is available on CCSPA's website at <http://www.healthycleaning101.org/english/index.html>.

For the latest information on the H1N1 flu virus, please go to the Public Health Agency of Canada's website at http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php.

The Canadian Consumer Specialty Products Association is a national trade organization representing Canada's consumer, industrial and institutional specialty products industry.

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