

NEWS RELEASE

Swine Flu Outbreak – How to Stay Healthy

OTTAWA, April 29, 2009 – As world health leaders work vigorously to consider action to combat the outbreak of swine influenza, the Canadian Consumer Specialty Products Association (CCSPA) says taking simple precautions can help Canadians stay healthy.

“There are several preventive measures Canadians can take to keep themselves and their families healthy now and throughout the year to help prevent the spread of dangerous germs, such as the Swine Flu,” says Shannon Coombs, CCSPA President.

According to the Public Health Agency of Canada, “influenza and other respiratory infections are transmitted from person to person when germs enter the nose and/or throat. Coughs and sneezes release germs into the air where they can be breathed in by others. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose.”

CCSPA recommends Canadians take the following precautions to help keep themselves 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.
- For more information, visit CCSPA’s website:
<http://www.healthycleaning101.org/english/index.html>.

For the latest information, 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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