

Flu Prevention Strategies and Solutions



PROFESSIONAL MEDICAL, INC.

Is Your Facility Ready to Face the Flu?



500-MN95



600-SCS4

There are a number of special measures that long-term care providers need to take when flu season hits.

How is the Flu Spread?

Flu is predominantly spread through the virus-laden droplets that are produced when an infected person coughs or sneezes. It can also be transmitted through contact with respiratory secretions, such as touching contaminated surfaces and then touching the eyes, nose or mouth.¹

The CDC recommends utilizing a respiratory hygiene/cough etiquette program as well as standard and droplet precautions to help prevent the transmission of flu in long-term care facilities.¹

Respiratory Hygiene and Cough Etiquette

A respiratory hygiene/cough etiquette program can help prevent the spread of respiratory infections in long-term care. Elements of such a program include¹:

- Posting visual alerts (e.g., signs or posters) throughout the facility that contain information on how to use facemasks or tissues to cover the mouth and nose when coughing or sneezing and how and when to perform hand hygiene.
- Providing facemasks to residents who display signs and symptoms of respiratory infections.
- Placing hand hygiene supplies, such as alcohol-based hand sanitizer, at the building entrance and in common areas.
- Encouraging residents with respiratory infections to sit as far away from others as possible.

Standard Precautions

Standard precautions should be taken when caring for any resident with symptoms of a respiratory infection and include¹:

- Wearing gloves for any contact with potentially infectious material. Gloves should be removed after contact, followed by hand hygiene. The same pair of gloves should not be worn to care for more than one resident and gloves should never be washed for the purpose of being reused.
- Gowns should be worn during any resident-care activity when contact with blood, body fluids or secretions (including respiratory) is anticipated. After leaving the resident's room, the gown should be removed and hand hygiene should be performed. The same gown should not be worn for the care of more than one resident.
- Hand hygiene should be performed frequently, including before and after all resident contact, contact with potentially infectious material and before putting on and upon removal of personal protective equipment. If hands are visibly soiled, soap and water should be used. If not, alcohol-based hand sanitizer can be used.

Droplet Precautions

Healthcare workers should adhere to the following droplet precautions when caring for a resident with suspected or confirmed flu for seven days after the onset of illness or 24 hours after the resolution of fever and respiratory symptoms, whichever is longer¹:

- Placing ill residents in private rooms (or, if a private room is not available, considering having two residents with the flu share a room).
- Wearing a surgical or procedure mask when entering an ill resident's room and removing and disposing of the mask upon leaving the room.
- Having the ill resident wear a surgical or procedure mask if resident movement or transport is necessary.



500-KC01



600-SS13



300-S03-2210

500-336



Masks

Our **N95 particulate respirators** meet CDC guidelines for fluid resistance and TB exposure control. They provide respiratory protection for your entire staff, including doctors, nurses and maintenance personnel.

We also offer **basic procedure masks** to protect your residents, staff and visitors. These masks are soft, comfortable and breathable and feature elastic band earloops.

Item #	Description	Unit of Sale
N95 Particulate Respirators		
500-MN95	White; cone mold style	20/bx 12 bx/cs
Basic Procedure Masks		
500-M50P	Disposable with earloop; blue	50/bx 6 bx/cs

Hand Hygiene

GelRite® Instant Hand Sanitizer contains 65 percent ethyl alcohol and kills 99.9 percent of harmful bacteria, making it the perfect choice for healthcare use.

DermaKleen®, a soft antimicrobial cleanser, kills bacteria on contact and is mild to the skin. It is triclosan- and triclocarban-free.

Item #	Size	Unit of Sale
GelRite Instant Hand Sanitizer		
600-SCS4	4 oz	24/cs
600-SCS17	16 oz pump	12/cs
DermaKleen		
600-SCL1	1 gallon	4 gl/cs
600-SCL12	7.5 oz pump	12/cs

Gloves

Embrace® Stretch Synthetic Exam Gloves are made from a quality polymer formulation and are latex free.

Item #	Size	Unit of Sale
600-SS11	Small	100/bx 10 bx/cs
600-SS12	Medium	100/bx 10 bx/cs
600-SS13	Large	100/bx 10 bx/cs
600-SS14	X-Large	100/bx 10 bx/cs

Safety Syringes

Needle-Pro® safety syringes are ideal for medication delivery, TB testing, flu vaccines, immunizations, allergy testing, delivery of pain medication and local anesthetics.

Item #	Size	Unit of Sale
300-S03-2210	22 G x 1"; 3 cc	50/bx 8 bx/cs

Facial Tissues

Our soft, absorbent two-ply **facial tissues** offer the right combination of performance and value.

Item #	Description	Unit of Sale
500-KC01	2-ply	100/bx 30 bx/cs

Naturalyte Solution

Use **Naturalyte Solution** at the first signs of flu-like symptoms rather than juices, soft drinks, sports drinks or water to add additional fluids and minerals.

Item #	Size	Unit of Sale
500-336	1000 mL	8/cs

Disposable Bedside Bags

Place **bedside bags** near resident beds or on wheelchairs to provide a convenient place to dispose of tissues and other waste.

Item #	Size	Unit of Sale
500-BBPL	6.5" x 3" x 12"	2000/cs



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1917 Garnet Ct. New Lenox, IL 60451

800.648.5190 fax 866.726.7416

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Reference
1 Centers for Disease Control and Prevention. Prevention
Strategies for Seasonal Influenza in Healthcare Settings.
Available at: [http://www.cdc.gov/flu/professionals/
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Accessed October 16, 2014.

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700-Flu Prevention [10/14]