



How to Prevent the Flu

Protect and Safeguard Your Employees, Customers, Students, and Patients by Taking Four Steps, Including Installing Germicidal UV-C Light Disinfection Equipment

By Charles Boehme
UV Application Specialist

Table of Contents

Protect and Safeguard Your Employees, Customers, Students, and Patients by Taking Four Steps.....	2
Step 1: Get the Flu Vaccine.....	2
Step 2: Take Everyday Preventative Actions.....	3
Step 3: Take Antiviral Drugs if Prescribed.....	3
Step 4: Install Germicidal Ultraviolet Light Room Air Purifiers.....	4
About Atlantic Ultraviolet Corporation®.....	5

Protect and Safeguard Your Employees, Customers, Students, and Patients by Taking Four Steps

Taking the following flu prevention steps is recommended. Since there is no flu cure, it's best to just avoid the flu altogether. The surprise is that flu prevention involves more than just flu shots and hygiene; using Ultraviolet UV-C light can increase your chances of not getting the flu, or spreading flu germs to others. Installation of Germicidal Ultraviolet Purification Equipment should be an airborne precaution in hospitals, offices, colleges, schools, and all occupied areas where cross-contamination is a concern. Installation of a Germicidal UV-C Air Sanitizer should be an essential step for airborne infection control and prevention of communicable diseases.



Step 1: Get the Flu Vaccine

According to the CDC, a yearly flu vaccine should be the first and most important step in protecting against influenza and its potentially serious complications. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths. Also, there is data to suggest that even if someone gets sick after vaccination, their illness may be milder. Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older. Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them. Infants younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated.



Step 2: Take Everyday Preventative Actions

Try to avoid close contact with sick people. While sick, limit contact with others as much as possible. Cover your nose, and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water, or alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs, like the flu. If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)



Step 3: Take Antiviral Drugs if Prescribed

If you get sick with flu, antiviral drugs can be used to treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. CDC recommends prompt antiviral treatment for people who are severely ill and people who are at high risk of serious flu complications who develop flu symptoms.

For people with high-risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay. Studies show that flu antiviral drugs work best for treatment when they are started within 48 hours of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu. Follow your doctor's instructions for taking this drug. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people, especially children, may have vomiting and diarrhea. People may also be infected with the flu and have respiratory symptoms without a fever.



Step 4: Install Germicidal Ultraviolet Light Room Air Purifiers

SANITAIRE® Ultraviolet (UV-C) Room Air Sanitizers protect room occupants from infection due to flu and airborne microbes, particularly in crowded or poorly ventilated areas, and in situations where the risk of cross-infection is high. The **SANITAIRE**® can effectively destroy flu and airborne microbes including bacteria, mold, and virus in enclosed occupied spaces. **SANITAIRE**® Room Air Sanitizers utilize **STER-L-RAY**® Germicidal Ultraviolet Lamps, which are completely enclosed within a stainless steel and reflective aluminum exposure chamber and are safe for use in rooms whether occupied or unoccupied. [Shop models at BuyUltraviolet.com](http://BuyUltraviolet.com) or click a product below.



SANITAIRE® Model RS72-RSA760

Free Standing, Wall, or Ceiling Mount for Occupied Areas



SANITAIRE® RSCS280A

Recessed Ceiling Mount for Occupied Areas



SANITAIRE® RSM2680

Mobile, for use in Occupied Areas

Models are available in a number of different configurations to adapt to any setting, like child care programs, school classrooms, colleges, student housing, offices, and all workplaces. So, flu precaution steps include the flu vaccine, taking everyday preventative actions, taking your flu antiviral drugs if prescribed, and installing a **SANITAIRE**® Ultraviolet (UV-C) Room Air Sanitizer in especially crowded or poorly ventilated areas and in situations where the risk of cross-infection is high. Effectively destroy flu and airborne microbes including bacteria, mold and virus with a **SANITAIRE**® Room Air Sanitizer before infectious disease can strike.

Read More Here:

[CDC – Influenza \(Flu\) Preventive Steps](#)

[NCBI – Aerosol Susceptibility of Flu Virus to UV-C](#)

About Atlantic Ultraviolet

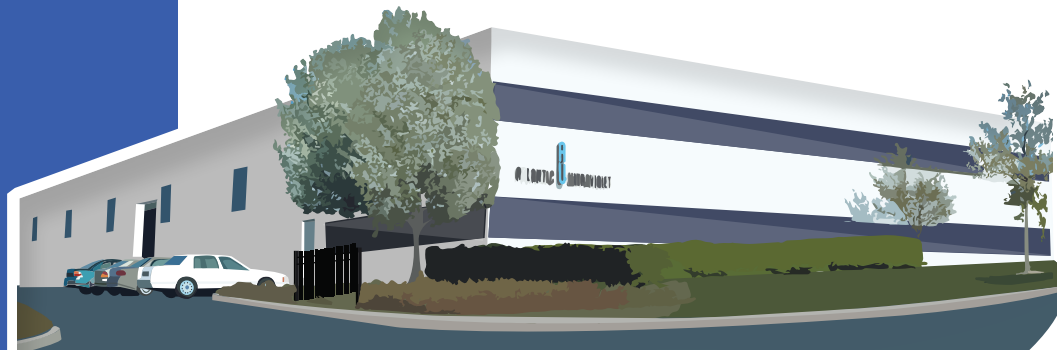
Since 1963, Atlantic Ultraviolet Corporation® has engineered and manufactured ultraviolet water purification equipment, ultraviolet air sanitizing systems, UV surface disinfection systems, and germicidal UV lamps for residential, commercial and industrial applications.

STER-L-RAY® Germicidal Ultraviolet Lamps utilized in Atlantic Ultraviolet's products produce short wave radiation that is lethal to bacteria, virus and other microorganisms. The method is unique and rapid and does not utilize heat or chemicals. Ultraviolet technology is a well-established method for its effectiveness, and because the process is free of by-products.

Atlantic Ultraviolet has two goals: Continuing to develop strong business-to-business and business-to-consumer relationships, and continuing its leadership in applied ultraviolet technology with the development of new product lines.

Review Ultraviolet.com to "Learn" about the company & products. Visit BuyUltraviolet.com to "Shop" products and models of UV water, air/surface purification systems, and germicidal UV lamps. Be sure to visit the NSF® Certified Systems and Clearance sections.

A UV Application Specialist is always ready to take your call at 631-273-0500, Mon-Fri, 7am-6pm EST.



ATLANTIC  **ULTRAVIOLET**
CORPORATION®

SINCE 1963

The Standard of Excellence in Ultraviolet

375 Marcus Boulevard

Hauppauge, NY 11788, USA

Call: 631.273.0500, Mon-Fri, 7am-6pm EST

Fax: 631.273.0771

Email: Sales@AtlanticUV.com

Learn: Ultraviolet.com

Shop: BuyUltraviolet.com

Manufacturers / Engineers / Sales / Service – Germicidal Ultraviolet Equipment & Lamps

Document No. 98-1720 • January 2019 • ©2019 by Atlantic Ultraviolet Corporation®

The information and recommendations contained in this publication are based upon data collected by the Atlantic Ultraviolet Corporation® and are believed to be correct. However, no guarantee or warranty of any kind, expressed or implied, is made with respect to the information contained herein. Specifications and information are subject to change without notice.