



Swine influenza and recommendations for respiratory protection

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

Sundstrom Safety Inc

150 North Michigan Avenue · Suite 1950 · Chicago, IL 60601 · USA ·
Phone: 1-312-419-8612 or -877-SUNDSTROM · Fax: 1-312-276-8606 ·
order@srsafety.com · support@srsafety.com · Bank: Lakeside Bank ·
www.srsafety.com



Sundstrom Safety Inc recommends:

- SR 100 half mask with SR 510 (P100) mechanical particulate filter with pre-filter SR 221
- SR 200 full face mask with SR 510 (P100) mechanical particulate filter with pre-filter SR 221

Re-use of respirator and filter

Immersion in a 70% Isopropyl alcohol or 60% ethyl alcohol / ethanol solution has been found to effectively kill the virus, Elastomeric respirators with P100 mechanical filters offer greater efficiency and can be reused.

The Sundström equipment described above has been thoroughly tested without any detrimental effects. In fact, after the equivalent of being immersed in 70% Isopropyl alcohol or 60% ethyl alcohol / ethanol solution for 5 minutes 4 times a day for 18 months, the equipment above suffered no effects in performance or efficiency, apart from the printing ink fading from the filter label.

For cleaning/disinfection of SR 100 or SR 200 mask and filter, our recommendation is as follows:

1. Remove the pre-filter holder with the pre-filter from the particulate filter.
2. Remove the particulate filter from the mask or filter adapter.
3. Place the mask, particulate filter, pre-filter, pre-filter holder and filter adapter (if used) in 70% Isopropyl alcohol or 60% ethyl alcohol / ethanol solution.
4. The parts must be completely immersed in the ethanol for at least five minutes.
5. Lift out the parts (wear protective gloves). Shake out the ethanol.
6. Let the parts air dry for at least one hour before next use.

This disinfection procedure can be done as often as necessary.

- Change the pre-filter SR 221 at least every 7 days.
- Change particle filter SR 510 after 18 months or sooner if there is any concern regarding physical damage, hygiene (soil/dirt), or increased breathing resistance.

For further information concerning swine flu, visit the following web sites:

World Health Organization

www.who.int

Department of Health and Human Services

Center for Disease Control and Prevention

www.cdc.gov

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