

FLU FACT SHEET

Influenza viruses are spread from person-to-person in respiratory droplets of coughs or sneezes.¹

During flu season and throughout the year, families are exposed to viruses that circulate in the air they breathe indoors, so taking measures to prevent illness makes sense. Getting a flu shot, eliminating germs on surfaces through cleaning, and washing hands often are important steps to avoid getting the flu. Yet, many families are still susceptible to the virus in the air in their home.

With the highest clean air delivery rate in the industry, the American Standard AccuClean whole-home system is another powerful tool in battling the flu virus at home. Research shows American Standard AccuClean removes more than 99 percent of the common flu, or influenza A virus, from a home's filtered air.

In addition to installing a whole-home air cleaner such as American Standard AccuClean to help avoid the flu, you can follow these good health habits based on tips from the Centers for Disease Control and Prevention:

- **Avoid close contact with people who are sick.** Keep your distance from others to protect them from getting sick, too.
- **Stay home when you are sick.** If possible, stay home from work or school and avoid running errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose** with a tissue when coughing or sneezing; it may prevent those around you from getting sick.
- **Clean your hands.** Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

¹ Centers for Disease Control and Prevention