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The Everclean Report

Special Interest Articles:

Bug Off!

Swine Flu

Bug Off!

Lady bugs may be one of the more welcome summer insects because they are wrapped in pretty coloring and feed on garden pests. But there are a plethora of other insects that aren't so welcoming and when the summer months hit they seek refuge in cooler areas of your kitchens and homes. Bugs like ants, nuisance flies, filth flies, beetles, moths, and cockroaches cause havoc on food facilities and can contaminate food. Infestation can even lead to a kitchen closure by the health department.

How can you ward off unwanted pests? The following list can help reduce the likelihood of an infestation and therefore keep food safe and your food facility in compliance with law:

- Unwanted pests make their way in through holes in baseboards and open drafts under doors. Make sure openings are sealed. Check around pipes and make sure there are no cracks in walls and ceilings.
- Bugs are attracted to food. Avoid leaving uncovered food on countertops, and clean up spills promptly. Keep garbage in bins or bags and make sure dumpster lids are closed. Don't let food-related garbage sit around for long periods of time.
- Monitor hiding places such as under equipment and contact pest control service when activity is noted.
- Ensure water leaks and standing water are corrected and removed. This will prevent supporting the breeding of roaches.

Bug season is coming. "If you feed it (them), they will come." Don't feed bugs. Seal harborage, remove sources of food and water, keep areas clean, and work your pest service provider to keep bugs out of your kitchen.

Swine Flu

Swine Influenza (Swine Flu) is a respiratory virus that causes regular outbreaks in pigs. Humans are not normally at risk at contacting Swine Flu, but infections can and do happen.

Symptoms of Swine Flu are similar to the symptoms of the common flu. They include fever, sore throat, cough, body aches, chills, and fatigue. Some sufferers exhibited vomiting and diarrhea. Severe illnesses including pneumonia and respiratory failure leading to death have been reported.

Swine Flu, like other flu exposures, is minimized by good hygiene techniques and by general wellness care. The following precautions are recommended by health authorities:

- Wash hands often. Alcohol-based sanitizers are also effective.
- Get plenty of sleep, avoid stress, drink plenty of fluids, and eat nutritious foods.
- Avoid touching surfaces that may be contaminated with the flu virus; common surfaces that could hold the viruses would be tabletops and doorknobs.
- Avoid contact with people that may be sick.
- Cover your mouth with a tissue when you cough or sneeze. Throw your tissue in a wastebasket.
- Avoid touching your eyes, mouth, or nose.
- If you get sick with influenza, stay home from work and limit contact with others.

Most people that come down with flu symptoms in the US have mild symptoms. Follow the precautions outline above and be part of the solution.

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