



CLEANING FOR HEALTH

Cold & Flu Season 2022-2023 Update

Experts anticipate a severe cold and flu season this year as many of the enhanced precautions people took during the pandemic—masks, social distancing, etc.—are no longer common practice. Scientists say this “immunity gap” from the last few years is likely fueling an unprecedented early surge in flu hospitalization and RSV infections this year. The uptick in RSV cases is a good proxy that “a lot of respiratory viruses are circulating now,”¹ says Dr. John Swartzberg, a clinical professor emeritus at UC Berkeley’s School of Public Health. As a result, facility and operations leaders should devote extra time and resources for things like touch point cleaning and disinfection.

- > According to CDC data, flu hospitalization rates haven’t been this high so early in the season in more than a decade.²
- > RSV is surging, with cases up 60 percent compared to last year’s peak week, according to an analysis by CNN.⁴
- > Scientists are warning about a confluence of pathogens, dubbed a “tripledeemic”, including COVID variants, flu and RSV.³
- > Poor health costs US employers \$530 billion and 1.4 billion workdays of absence and impaired performance⁵

Surface Transmission and Disease Spread

Germes are most often spread by hands through person-to-person contact. Contaminated hands can transfer viruses up to five more surfaces. Various studies show that bacteria, fungi and viruses can live on surfaces for days, months, and even some up to a year.⁶

Common pathogens that cause infections and live on surfaces include:⁶

Common Cold Viruses 24 Hours	Flu 24 - 48 Hours	Salmonella 1 - 4 Hours
Respiratory Syncytial Virus (RSV) Up to 6 Hours	E.coli Hours to a Day	Staphylococcus Aureus (“Staph”) Days to Weeks
Norovirus Days to Weeks	MRSA Days to Weeks	C.difficile 5 Months

Cleaning for Health: The KBS Perspective

Proper cleaning and disinfection is essential to healthy facility operations. Regular surface cleaning mitigates the spread of illness causing germs. Whether corporate campus, retail location, logistics center or school campus, the people who work, shop and learn in your buildings demand a safe, healthy environment. The 2022-2023 cold and flu season is off to a bad start - this is no time to reduce cleaning resources and protocols or pull back on disinfection services.

Creating healthy facility operations requires professional program design and expert execution. With over 50 years of experience, KBS is a trusted partner to industry leaders. Consult KBS to learn more about best practices to keep your facilities safe and your building occupants healthy.

¹ Cold and flu season is here, and people are showing up to work sick again: ‘Sneezes will go around in a domino effect’

² Flu season in the US hasn’t been this bad this early in more than a decade. Now is the time to get a flu shot

³ A tripledeemic expected this winter

⁴ Pandemic ‘immunity gap’ is probably behind surge in RSV cases, scientists say

⁵ Poor Health Costs US Employers \$530 Billion and 1.4 Billion Work Days of Absence and Impaired Performance According to IBI

⁶ How Long Do Nosocomial Pathogens Persist on Inanimate Surfaces? A Systematic Review