



It's Hard To Stop A Trane.®

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 people are still susceptible to the virus in the air in their home.

With the highest clean air delivery rate in the industry, the Trane CleanEffects whole-house system is another powerful tool in battling the flu virus at home.

Follow these good health habits for helping prevent the flu:²



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, school, or 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



Practice other good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food



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



Install a Whole-House Air Cleaner

Use Trane CleanEffects to remove the common flu, or influenza A virus, from the filtered air in your home

1. Centers for Disease Control and Prevention

2. Based on tips from the Centers for Disease Control and Prevention