



The Quebec Landlords Association (APQ)

Influenza A (H1N1) File:

Recommendations to the owners of rental residences

Several measures are taken in companies and in public places to limit the propagation of the flu virus A (H1N1) because the threat of a pandemic has already been established.

The Quebec Landlords Association (APQ) presents a guide in order to avoid an outbreak of the virus in residential rental buildings where common parts exist.

This guide is divided into 3 parts:

1. Maintenance and actions to be undertaken by owners
2. Prevention to be made near your tenants
3. Constant communication between the owners and the tenants about the evolution of the disease

1. Maintenance and the actions to be undertaken by the owners

The flu virus is transmitted very easily starting from droplets of the nose and the mouth of the infected person. One can catch influenza if one comes into contact with a contaminated surface or with an infected person and that one then touches the nose, the mouth or the eyes. The symptoms develop between one and seven days after the contamination. The infected person can be contagious 24 hours before the appearance of the symptoms and up to 7 days after the beginning of the symptoms. Contagiousness is however stronger during the 3 or 4 first days following the beginning of the symptoms.

In order to counter this virus, the owners can act so as to reduce the risks in their buildings.

The transmission mode of influenza is contact, therefore the owners of rental residences must intensify their efforts of maintenance of the common parts by the following gestures:

- disinfection of the main entrance: regular cleaning of the door, of the door knob, the intercom, the bells, switches, etc ;
- disinfection of the staircases: cleaning of the ramps, of the bars of the staircase, of the floor of the staircase (often of the carpet);
- disinfection of the corridors: regular maintenance of the carpets through the use of the vacuum cleaner;
- ventilation of all the common parts at least once per day (15 minimum minutes each time).

2. The prevention to be made near your tenants

To inform even more the population of the gestures to be posed in order to reduce the contagion, the APQ suggests hanging in the corridors various posters explaining how to prevent and protect themselves against the flu virus A (H1N1).

The APQ has personalized these posters so that they correspond with a rental environment. These posters are available on our Website [www. apq.org](http://www.apq.org), home page right menu.

3. Constant communication between the owners and the tenants during the evolution of the disease

The APQ encourages you to keep an open ear with your tenants in order to minimize the risks of propagation in the residential rental buildings. For this purpose, the APQ puts at your disposal a letter to be sent to all your tenants.

This letter will be the first link between the owners and the tenants to act together against the pandemic of influenza A (H1N1).

To support the good relationship will improve the reaction to be adopted if an outbreak would occur in a rental building. With the joint efforts of the tenants and the owners, it will be possible to protect the not-infected residences.

The Quebec Landlords Association has been present everywhere in Quebec since 1984 and retains once more an open ear for its members and their concerns.

For more information concerning the attitudes to be adopted or for all other questions, please communicate with the APQ at 514.382 9670, free toll number at 1.888.382 9670 or by email at info@apq.org .

To the attention of all the tenants and their visitors

Following the influenza A (H1N1) pandemic, we have established procedures of maintenance of the common grounds in order to limit the propagation of the disease. These measures will be even more efficient if you adopt the following attitudes.

In order to avoid the outbreak of the virus, we ask you to respect the instructions put forward by the Quebec Ministry of Health.

Wash your hands often

On your arrival in the dwelling, it is recommended to wash your hands correctly. Here's the method:



Cough and sneeze without contaminating

As long as the disease is not officially recognized, you are not obliged to carry anti-projection masks. But to limit the projection of the virus on common surfaces, it is recommended to cover your nose and your mouth.

When you cough or sneeze, cover your nose and mouth, ideally with a tissue. Wash your hands afterward.

If you have no tissue, cough or sneeze into the bend of your elbow or into your upper arm; these parts of the arm seldom come into contact with people or objects.



Clean your environment

In general, the flu virus can live up to 5 minutes on the hands, from 8 to 12 hours on fabric, paper or paper handkerchiefs, and from 24 to 48 hours on hard surfaces like a telephone, a door handle, crockery or the ramp of a staircase. It is thus quite important to clean all frequently touched surfaces well. The kitchen and the bathroom are the parts to be privileged when you do the housework, because they are more vulnerable to contamination and to the transmission of infections. Use water and soap or detergents for domestic use. If you are sick, your bed linen, your towels, your clothing and your crockery can be washed with those of the other people of the household with the usual detergents.

Throw your handkerchiefs and other soiled objects in a safe way

It is recommended to use 2 dustbin bags to throw all waste of the patient. Waste must be deposited in a hermetically closed dustbin bag, doubled with a second dustbin bag so as not to contaminate during waste collection. It is advised to wash the hands after each waste has been put in the dustbin, each dustbin bag closed and every time you bring your waste outside your dwelling.

Carry an anti-projections mask when the disease is declared

The antiprojections mask makes it possible to the sick person to limit the projection of infected particles when he/she coughs or sneezes. Thus, in the presence of other people, it is preferable to carry a mask if you have fever and cough. If you do not have a mask, you can cover your mouth and nose with a paper handkerchief which you will throw away after use.

Recall of the symptoms and procedures to be followed

If you have flu symptoms, you can call Info-Santé 8-1-1 or a doctor depending on the seriousness of the symptoms. To avoid contamination, it is important to follow the instructions you will be given.

Flu symptoms*	
Fever	Usual Between 38°C and 40°C (100,4 °F and 104 °F) Sudden onset Lasts two to five days
Cough	Usual Lasts about a week
Headache	Usual and sometimes intense
Achiness and stiffness	Usual and sometimes intense
Intense fatigue	Lasts a few days Sometimes longer
Nausea and vomiting	Usual, especially in children under six years old
Nasal congestion and runny nose	Rare
Sneezing	Rare
Sore throat	Rare
Chest pain	Usual and sometimes intense

* A cold is a more benign infection of the respiratory tract that is often confused with the flu. To properly distinguish between the two, consult the table of symptoms at the following address:
www.msss.gouv.qc.ca/Influenza.

To the attention of all the tenants

Madam, Sir,

Following the influenza A (H1N1) pandemic, certain attitudes must be adopted to reduce the propagation of the virus. These attitudes can have a great influence on the number of declared cases and on the degree of the disease.

In order to bring concrete gestures and to protect the tenants as well as possible, you will find, in the access passages, posters explaining the attitudes to adopt as much in your residences as in the common parts of the building.

As owners of this building, we will ensure the maintenance of the common parts and especially of the surfaces at risk (doors of entry, staircases, etc).

But to optimize our efforts, we ask you to follow the instructions indicated on the posters and also to warn us if a person in the dwelling is infected.

By knowing the situation, it will be easier to limit contamination and to protect the other tenants by intensifying our efforts.

Do not hesitate to contact us for all questions or improvements to be brought to the situation.

Cordially,

Letter approved by the Quebec Landlords Association (APQ)

Lettre approuvée par l'Association des propriétaires du Québec (APQ)