

Cold and flu season is here!

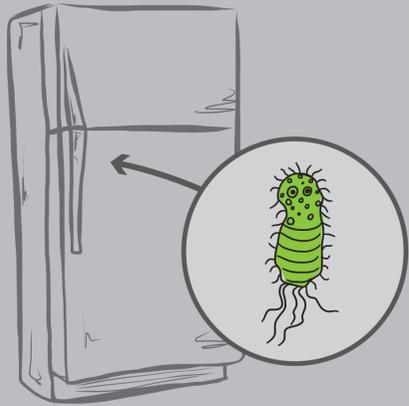
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Where do you stand on the germaphobe scale?

The BAD HABITS

Someone with poor hygiene habits can spread germs to others via commonly touched surfaces

How do the hygiene habits of co-workers and others impact your health?



Breeding ground for illness causing bacteria + viruses

20,951 germs per square inch

The UGLY HOT SPOTS

The break room



Microwave door handles and sinks are the dirtiest surfaces touched by office workers on a daily basis

Keyboards



Buttons on water fountains and vending machines

The GOOD PRACTICES

Practicing good hygiene can reduce average hot spot germ counts by **59%**

To protect yourself + your co-workers:

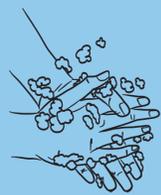
- 1 Speak Up** Ask management to stock up on supplies that break the chain of germ transmission, i.e. hand sanitizer, disinfecting wipes, soap, paper towels, and tissues



Encourage your office to hold an in-house flu shot clinic to make it easy for workers to get vaccinated



- 2 Lead by Example**



Wash hands often

Sneeze into your elbow



Use disinfecting wipes to clean common surfaces

If you're sick, stay home!



- 3 Wash, Wipe, Sanitize**

This protocol reduces the probability of infection from colds and flu in the workplace by about **80%**

The use of disinfecting wipes can reduce the number of surfaces contaminated by viruses by **62%**