

**Stop
and
Sanitize**
Reduce The
Spread Of Infection



STOP THE SPREAD AT WORK

Clean hands. Clean surfaces. Smart habits.

Germs can move quickly through shared spaces and shared equipment. A few simple habits can help protect you, your coworkers, and the people you go home to.

20
SECONDS

Wash with soap and water, rubbing the front and back of your hands for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer and rub until dry.

5 SIMPLE HABITS THAT HELP STOP GERMS

1 COVER COUGHS & SNEEZES

Use a tissue and throw it away. No tissue? Cough or sneeze into your arm or sleeve.

2 CLEAN YOUR HANDS OFTEN

Wash with soap and water for 20 seconds, or use alcohol-based hand sanitizer and rub until dry.

3 CLEAN SHARED SURFACES

Disinfect commonly touched items such as doorknobs, faucet handles, keyboards, copy machines, breakroom handles, desktops and handrails.

4 KEEP HANDS AWAY FROM YOUR FACE

Avoid touching your eyes, nose and mouth. Germs need an entry point.

5 STAY HOME WHEN YOU ARE SICK

Rest, recover and check with a health care provider when needed.

Source: SHRM - Stop the Spread of Germs at Work

SMALL HABITS. BIG DIFFERENCE.

TOPIC PROVIDED BY TAYLOR FILLMORE!

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CLEAN HANDS. HEALTHIER TEAM.