



Preparing for an **OUTBREAK AT WORK**

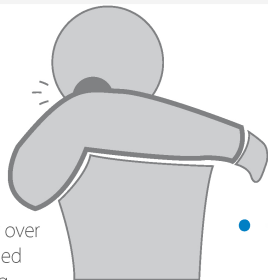


THE *safety net* YOU CAN APPLY
TO **PROTECT YOURSELF** in the workplace



ENCOURAGE PROPER COUGH AND SNEEZE ETIQUETTE

Coughing and sneezing into your hand creates the opportunity for germs to carry over to multiple people. It's highly recommended you sneeze into your elbow while covering your mouth as best as you can.



EASILY ACCESSIBLE SUPPLIES

Always ensure you have supplies provided by your employer. Including but not limited to: tissues, disinfecting and sanitizing chemicals or wipes, hand soap, garbage bags, gloves.

AVOID CROSS-CONTAMINATION

If you come to work sick and infect a colleague, they can become the product of contamination by infecting others as well. The best thing you can do to prevent spreading a contagious illness is to maintain a safe distance from other people and avoid touching common objects that can carry germs to other people.



WASH YOUR HANDS!

It is vital to wash your hands after eating, using the washroom, coughing or sneezing, and before and after working. Washing the germs off of your hands is one of the best ways to prevent contagious viruses from spreading. For more information, view our **Handwashing Chart** online.



handwashing
can reduce the risk of
respiratory illnesses
by **16%**



Duration of the
entire procedure:
40-60 seconds



INCREASE YOUR CLEANING

When people think "kill germs" they think "disinfect." While disinfecting has its own benefits, cleaning should always be the first step. Cleaning ensures bacterial growth is suppressed while disinfecting keeps it suppressed.



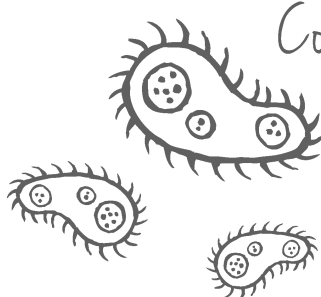
DON'T TOUCH YOUR FACE!

Studies show that people touch their face between 7 and 23 times each hour without realizing it! Germs can enter the body through your eyes, ears, nose, and mouth, and can spread by touching other people or common objects. Avoid touching your face as often as you can, as this is primarily what spreads illnesses amongst people.



Portable disinfection and sanitizing!

Our ready-to-use wipes encourage fast and effective sanitizing and disinfection, convenient for high touch areas, including counters, door knobs, desks and more!



Contagious illnesses
from lack of disinfection can cause

7.7

Employee sick days
per year

&

4

Student sick days
per year