

5 Steps to a Healthier Workplace



1. Keep Hands Clean.

Hand washing is proven to reduce your chance of getting the cold or the flu by 21%.¹ So wash well and use hand sanitizer after drying for extra protection.



2. Sanitize Surfaces.

Nearly 80% of infectious diseases are transmitted through surfaces.² Use disinfectant wipes to eliminate 99% of germs on surfaces you come into contact with often.³



3. Make Wellness a Team Effort.

Encourage your coworkers to stay informed about high traffic germ areas and how you can work together to minimize cold and flu.



4. Sick? Stay Home & Get Better.

People with the flu virus are contagious up to 24 hours before they start feeling sick, so it's important you stay home from work when feeling ill.



5. Get Vaccinated.

The flu vaccination has been shown to reduce the risks of the flu by 60%.⁴ Get vaccinated and help prevent serious cases of illness in your workplace.

REFERENCES:

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4. <http://www.cdc.gov/flu/pdf/freeresources/general/flu-vaccine-benefits.pdf>