

# Will Your Co-Workers Keep Their Germs At Home? BIGGER QUESTION: WILL YOU?

## WASH YOUR HANDS

Keep germs at bay, while you also avoid spreading them

## KEEP HIGH-TOUCH SURFACES CLEAN

Disinfect common area surfaces and door handles daily. This includes breakroom drawers, knobs, and fridge handles.

## DISINFECT YOUR DESK

Wipe down your desk, keyboard, and mouse every few weeks or daily if you have shared spaces and equipment.

## BE WELL

Take good care of yourself; including getting good sleep, exercising, staying hydrated and eating healthy with plenty of antioxidants.

# 7 OFFICE FLU PREVENTION TIPS

## BE THOUGHTFUL

Encourage sick co-workers to go or stay home. Help them with that decision by shifting deadlines if possible or taking up some of their burden.

## GET YOUR FLU SHOT

Receiving your vaccination can help prevent the spread of the virus and not only protect you, but also your loved ones from getting dangerously sick.

## REDUCE STRESS

Stress can negatively affect both your mental and physical health. Take time to meditate or enjoy a good laugh with a friend.

## Did You Know?

Approximately 69% of American workers go to work when they are sick!



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