

Scrub-up and help stop the spread of germs at work.



A few simple steps can help stop the spread of germs at work.

Did you know the workplace is one of the most common spreading grounds for germs that cause illness? It's true – and you know that being sick isn't only "the pits," it can make you lose time away from work. A few healthier habits can help stop the spread of workplace germs and keep you and your fellow coworkers well:

- If you are sick or have flu symptoms, don't expose your coworkers. Stay home, get plenty of rest, and check with a health care provider.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food to help keep your immune system strong.
- Wash your hands often with soap and warm water. If soap and water are not available, alcohol-based disposable hand wipes may be good alternatives.
- Use a tissue to cover your mouth and nose when you sneeze or cough, then throw it away.
- Avoid touching your eyes, nose, or mouth. Germs can get into your system this way.