

Hygiene Notice

Tips to stop the spread of winter flu

Don't eat at your desk

The average desk harbours 400 times more bacteria than the average toilet seat. This can introduce bacteria from your desk to your body via your mouth. Wipe down your desk and surrounding items with a disinfecting wipe regularly.

Disinfect telephones daily

Telephones are the worst spot for bacteria. Telephones that are used by more than one person should be disinfected daily.



Regularly disinfect areas where germs live

High bacteria counts are found on computer keyboards, computer mice, tap handles, and microwave door handles. Disinfect on a regular basis.

Wash your coffee mug daily

Don't reuse the same coffee mug for days without washing. Wash coffee mugs and glasses in hot water on a regular basis.

Avoid close contact with people who are sick

When you are sick, keep your distance from others to protect them from getting sick as well. Staying home will help you recover more quickly, and will help prevent others from getting your illness.

Cover your mouth and nose

When you cough or sneeze, be sure to cover your mouth and nose with a tissue. Dispose of your used tissues responsibly.



Wash and dry your hands often

Especially after coughing or sneezing, be sure to use warm water and enough soap to create a lather. It is the soap combined with a scrubbing action that helps dislodge and remove germs. Rinse your hands and dry thoroughly.



Information researched from publications by Dr. Charles P. Gerba, Professor, University of Arizona. Dr Gerba is one of the first microbiologists to intensely study bacteria counts in the workplace, testing thousands of samples in hundreds of offices and workplaces in several US cities.

Interesting facts about office hygiene

- Women have the germiest telephones, computer keyboards, computer mice and pens, but men's desks have more bacteria overall than women's desks.
- Men's wallets were the single germiest item in any office - four times worse than women's purses.

How germs spread

Germs are often spread when a person touches something that is contaminated with germs, and then touches their eyes, nose, or mouth.

Cold or flu germs can live for a long time (up to 48 hours) on surfaces like doorknobs, desks and tables.

Illnesses like influenza and colds are caused by viruses that infect the nose, throat, and lungs.

The flu and colds usually spread from person to person when an infected person coughs or sneezes.

For more information about creating a healthy clean workplace environment visit www.crestclean.co.nz

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