

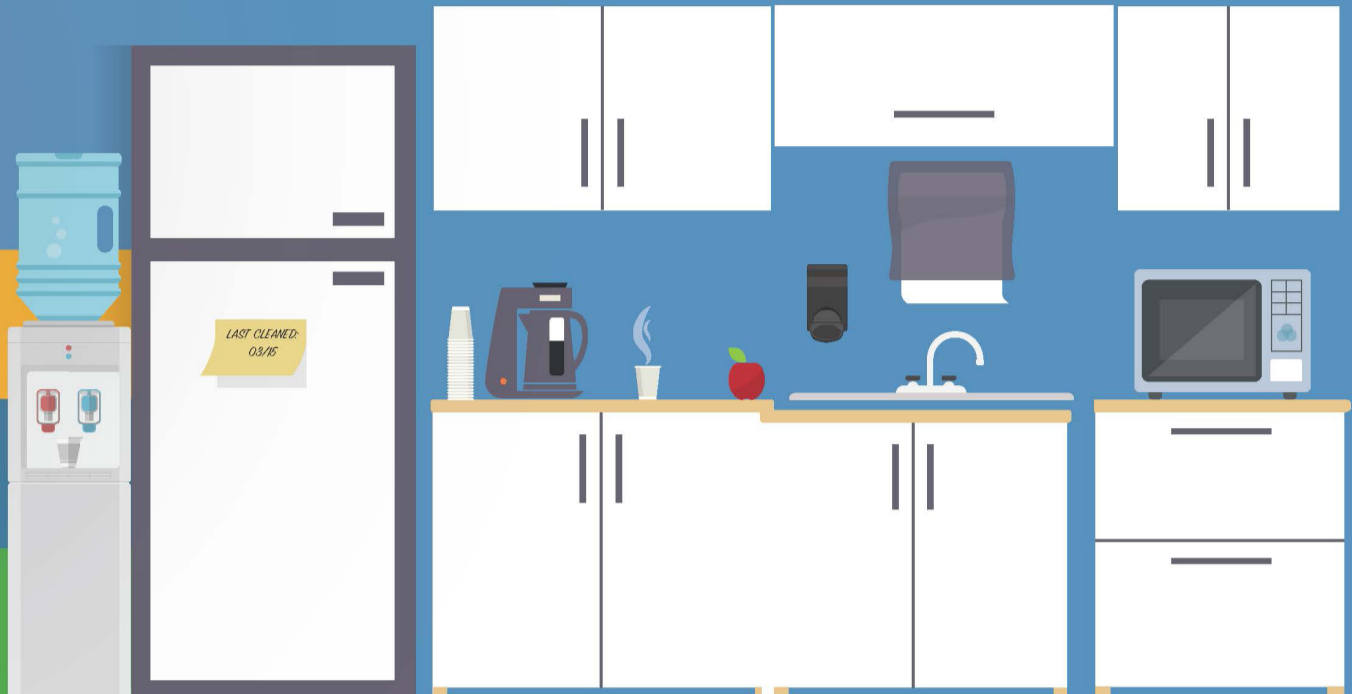
10 WAYS TO AVOID GERMS IN THE BREAK ROOM



Today's break rooms are used throughout the day for snacks, meals, breaks and meetings¹

Increased break room use can make the break room one of the dirtiest areas in the office¹

The good news is that good hand hygiene practices can reduce the incidence of health care claims and increase employee satisfaction¹



1

Toss sink sponges and cloth dishrags and switch to disposable paper towels to help minimize cross contamination²

2

Choose disposable cups over coffee mugs - 90% of office coffee mugs test positive for dangerous germs²

3

Use a paper towel to turn sink faucets to avoid contact in this tough-to-keep-clean area¹

4

Post hand hygiene reminders that encourage break room users to wash hands before and after handling food¹

5

Wash your hands frequently for at least 20 seconds with soap and water³

6

One in four refrigerator door handles are dirty. Don't forget to disinfect door handle when cleaning the fridge and tossing expired food¹

7

Minimize the risk of cross contamination by having hand sanitizer available in the break room³

8

Disinfect high-touch surfaces such as countertops and vending machine buttons¹

9

Protect yourself from bacteria lurking on the microwave door handle by wiping the handle regularly¹

10

If you use a mug, be aware that bacterial colonies grow even when a used cup sits empty on your desk. Consider taking your mug home to run through the dishwasher²

GP CAN HELP AVOID GERMS IN YOUR BREAK ROOM



ServeGreatness.com
1-866-HELLOGP (435-5647)
©2017 Georgia-Pacific Consumer Products LP. All rights reserved. The GP PRO logo and all trademarks are owned by or licensed to Georgia-Pacific Consumer Products LP and/or Dixie Consumer Products LLC.
Sources:
1. www.cdc.gov/handwashing/when-how-handwashing.html
2. www.upi.com/Expert-Coffee-mug-on-desk-a-germ-machine/72401361679514/
3. www.ncbi.nlm.nih.gov/pmc/articles/PMC4883643/

PERFORMANCE AT WORK™

