

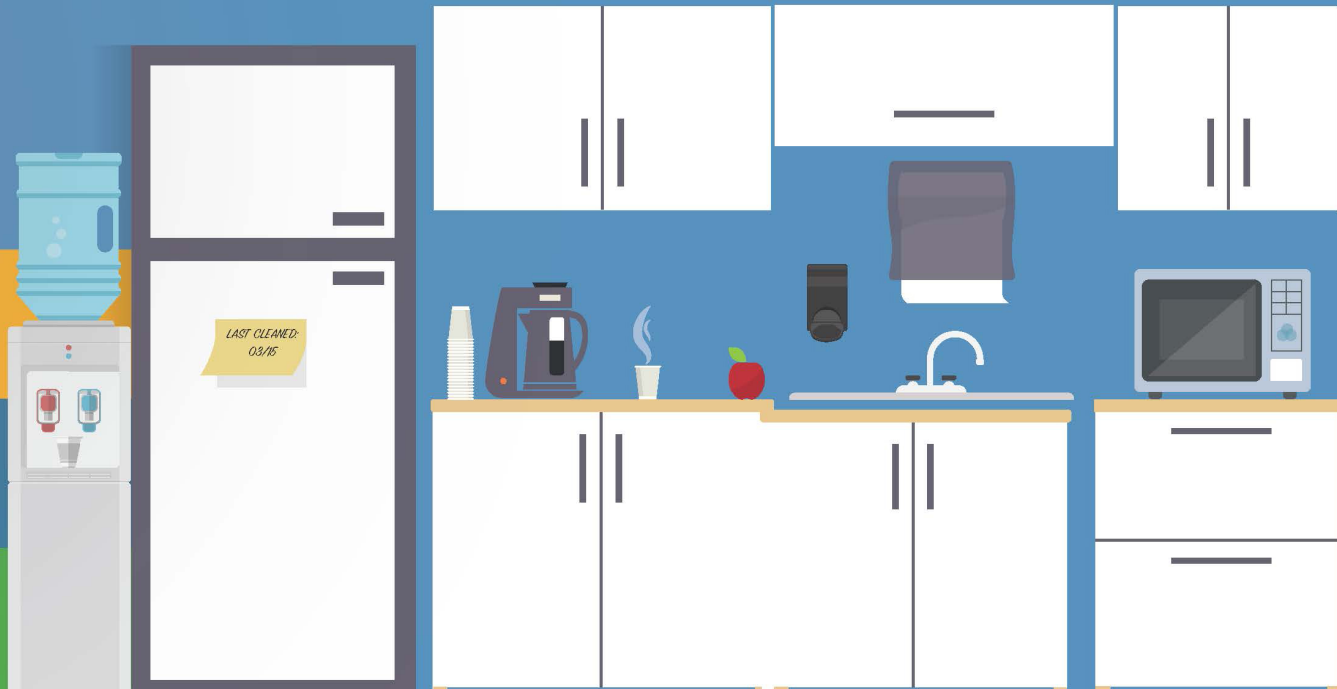
10 WAYS TO AVOID GERMS IN THE BREAK ROOM



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



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Sources:
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2. www.upi.com/Expert-Coffee-mug-on-desk-a-germ-machine/72401361679514/
3. www.ncbi.nlm.nih.gov/pmc/articles/PMC4885643/

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