8 tips to CONTROL the spread of GERMS

1 Wipe off your desk regularly with a disinfecting wipe.

2 Keep tissues handy — along with hand sanitizer.

3 Wash your hands frequently; at least 15 seconds is ideal.

4 Sneeze into your elbow — not your hand.

5 Clean surfaces you touch often to limit cross-contamination.

6 Use paper towels rather than reusable rags or sponges.

7 Clean carpets to minimize dust mites and allergens.

8 Encourage flu shots according to CDC recommendations.

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