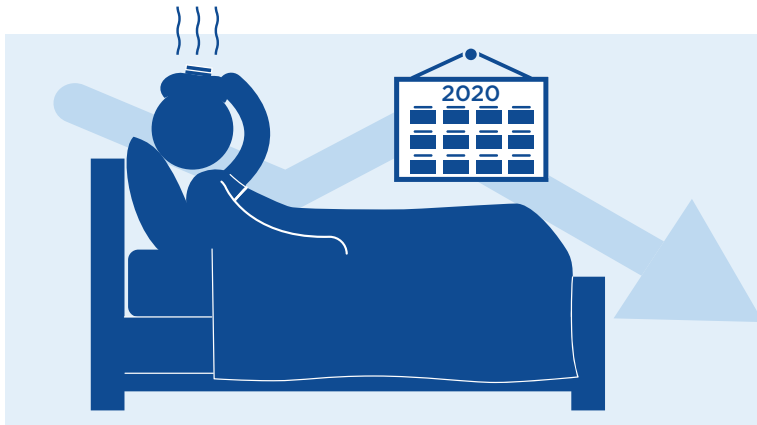


Surfaces Spread Germs

How to Protect Yourself and Others



Nearly **1.5 million** workdays are lost each year due to the flu, which adds up to about **\$1 billion** per year in sick days and lost productivity.¹ **\$300 million** is what Canadians spend each year on cold and flu virus treatments, making them the second most commonly used medications in Canada.²

Germs are spread on surfaces, by people and through the air.



Influenza viruses can survive on hard surfaces such as stainless steel and plastic for up to 48 hours.³



Hand sanitizer (37%) and disinfecting wipes (36%) top employees' list of items they would keep at their work station during cold and flu season and wish employers made available in the office.⁴



The telephone (48%), keyboard and mouse (38%) are considered germ hot spots in the office during cold and flu season.⁴



Nearly all employees agree (86%) that disinfecting surfaces is one of the best ways to prevent germ transmission.⁴

Reduce the spread of cold and flu viruses in the office.



Get the flu vaccine



Stay home if you are sick



Routinely clean and disinfect personal and communal surfaces with a registered disinfectant such as Clorox® Disinfecting Wipes



Wash hands regularly with soap and water or use hand sanitizer



Sneeze and cough into your elbow or a tissue

1. Ting E, Ungar WJ. Systematic review of the cost-effectiveness of influenza immunization programs: A Canadian perspective (2015). <https://lab.research.sickkids.ca/task/wp-content/uploads/sites/66/2018/06/2015-04-Influenza-FULL-REPORT.pdf>.

2. Workplace Safety & Prevention Services (Accessed January 2, 2020). <https://www.wsps.ca/Information-Resources/Topics/Cold-and-Flu-Season.aspx>

3. "How to clean and disinfect schools to help slow the spread of flu." Centers for Disease Control and Prevention (2019, June 5). Retrieved from: <https://www.cdc.gov/flu/school/cleaning.htm>.

4. Clorox Professional Products Company Survey, May 2015.