

# How to Stay Healthy IN THE WORKPLACE

## How Viruses are Transmitted

**80% of common infections** are spread through the environment (air, water, food, contaminated surfaces)

**Every sixty seconds**, a working adult in an office touches as many as 30 objects

**An adult brings their fingers to his/her face 18.5 times per hour:** 8 to nose, 8 to mouth and 2.5 to eyes

Some common frequently touched surfaces that need to be disinfected:



**SANI MARC**

**WOOD WYANT**

*Subsidiary of Sani Marc Group*

**COVID-19**

PREVENT  
PROTECT  
FIGHT