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: