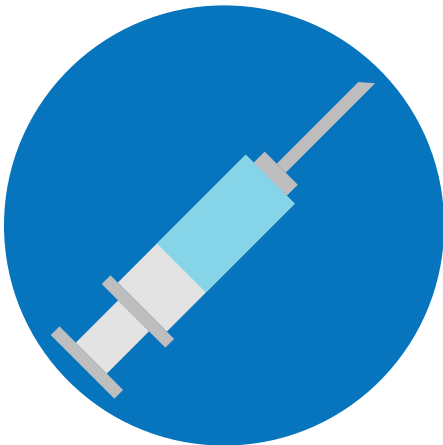


You Can Help Fight The Flu!

As a cleaning professional, you come into contact with high-traffic areas while cleaning, and the flu virus can live for up to 24 to 48 hours on hard surfaces.¹ Here are some CDC² recommended ways you can help prevent the contraction and spread of the flu.



The CDC recommends yearly vaccination for anyone over 6 months old. Consult your doctor for more information on vaccine as prevention.



Cover your nose and mouth with a tissue when you cough and sneeze, and immediately dispose of the tissue.



Wash your hands often with soap and water or use an alcohol-based rub.



Avoid touching your eyes, nose, and mouth as this helps spread germs.



If you're sick, stay home. That way you won't spread the virus.



Consider wearing protective one-time use facemasks. This can help against sneezes and runny noses when you are working and have your hands full.