

Smart Healthy Living

Safe In The Workplace

(NAPSA)—Sometimes we get sick of working, but what about when we get sick at work? Since the office is filled with surfaces that everyone shares, germs can spread easily through cross-contamination—the transfer of germs from one surface, food or person to another. The average adult catches two to four colds a year, resulting in millions of lost workdays. To help you stay healthy at the office, follow these tips from the Georgia-Pacific Health Smart Institute:



Stay Healthy at Work!

- Remove germs from your personal work environment by wiping surfaces frequently with paper towels and disinfectant. The phone, keyboard, computer mouse and doorknobs are frequently touched by you and your co-workers and are important to keep clean.
- Proper handwashing is the best way to avoid spreading germs, so wash your hands frequently, especially before and after eating. Dry your hands completely using a disposable paper towel like Sparkle® to wipe off and throw away germs.
- Your cold is most infectious during the first few days. If possible, stay at home during this time to avoid exposing your co-workers to your germs.
- Cover your mouth and nose with disposable paper products when sneezing or coughing to help prevent germs from spreading to your hands.

For more information about staying healthy, call toll free 1-877-GP-CLEAN or log on to www.gphealthsmart.com.