

HEALTH & WELLNESS TIPS



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Staying Healthy in Your Cubicle

How can you avoid cold and flu in a cubicle? Without doors or a ceiling to protect you, it's difficult to avoid airborne viruses. However, the "good" news is that the majority of colds and viruses are spread by actually touching contaminated objects with your hands. Touching your hands to your eyes and mouth then introduces the pathogens into your body resulting in infection.

Obvious strategies include washing hands well and/or using antibacterial hand sanitizer. The next step is to avoid exposure in the first place. Cold-causing rhinoviruses can survive up to two to three hours on external surfaces. Yet it only takes about 30 seconds to kill off these

germs after using a product like *Lysol® Sanitizing Wipes*. So, begin with your desk surface. Cleanse with wipes or employ a spray such as *Clorox® Anywhere Hard Surface* cleaner to eliminate bacteria and viruses. (Follow safety guidelines as per manufacturer).

Note any other devices that are directly touched by co-workers or visitors to your cubicle. Has someone used your phone in the last few hours? Clean off the receiver or those germs go directly to your mouth. Did someone pick up your pen or tap out something on your keyboard? Again, if it's flu season, you may want to pay extra attention and disinfect these objects.

Next, place your wastepaper basket in an inconspicuous area so that no one else throws tissue or food products into it. If this still happens, spray the trash can and contents also.

It is neither possible nor desirable to eliminate all bacteria and viruses on a daily basis. In fact, most of the time those with a normal immune system are not sick, even without observing these extra precautions. However, these strategies can be effective when we want to make a greater effort to evade the latest workplace cold and flu.



Germ-fighting Ideas...

- Carry your own pen to sign checks/credit receipts
- When leaving a public restroom, use a paper towel as a barrier between your hand and the doorknob, or push open a swinging door with your shoulder only
- Sanitize hands after touching high-use equipment like ATM machines and gas pumps
- Disinfect your toothbrush in hydrogen peroxide or antiseptic mouthwash; throw it away after a cold
- Toss out the germs by using a disposable wipe instead of a sponge on table surfaces
- Avoid communal food trays in the break room

TEST YOUR LEPRECHAUN IQ

1. All leprechauns have the same job. What is it?
2. What sound should you listen for to catch a leprechaun?
3. Where do leprechauns bury their gold?
4. Can a leprechaun lie?
5. If you catch a leprechaun, what must you do to make sure that he does not "disappear"?

ANSWERS: 1. Cobbler (Shoemaker) 2. Tap-tap-tap of his hammer 3. At the end of the rainbow 4. No, he must answer any question truthfully 5. NEVER take your eyes off of him