

# 12 WAYS TO AVOID GERMS IN THE BREAK ROOM

90 MIN

Employees who take a break at work every 90 minutes report a 30% higher level of focus than those who take one break or no breaks.<sup>1</sup>

44%

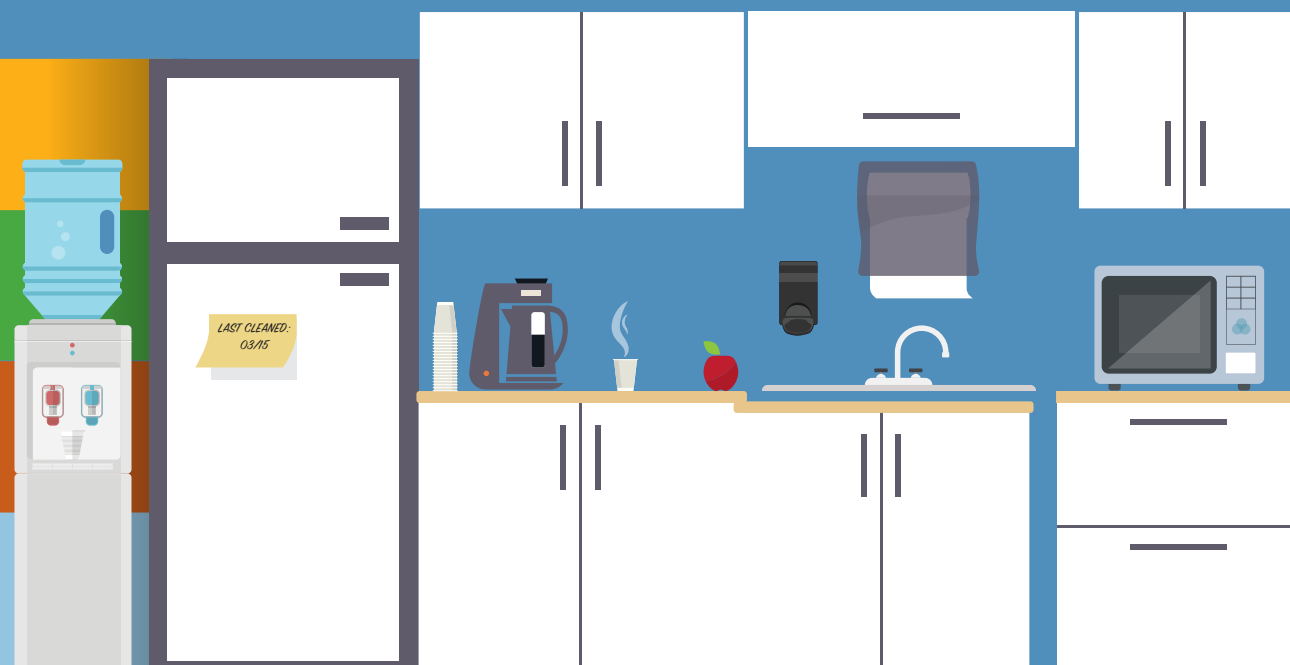
of office refrigerators are cleaned on a monthly basis; 22 are cleaned once per year.<sup>2</sup>

more than 1/2

of all employees say the microwave in their office kitchen is cleaned only once a month or less.<sup>3</sup>

1/2

of the most commonly touched surfaces in an office break room can become infected with a sick person's germ by lunchtime.<sup>4</sup>



**1**

Avoid the contaminated communal sponge by using wet paper towels, soap and hot water to clean dishes<sup>5</sup>

**2**

Steer clear of the communal dish towel too, instead use a disposable paper towel to dry dishes<sup>5</sup>

**3**

Clean your microwave regularly to ensure that dried up, splattered sauces do not become a bacteria breeding ground<sup>3</sup>

**4**

Use disposable items or your own cups and utensils – don't share with others<sup>6</sup>

**5**

Clean the refrigerator once a week, taking everything out, and wiping the inside with a mixture of warm water, vinegar and baking soda.<sup>7</sup>

**6**

Store all refrigerated food in sealed containers<sup>7</sup>

**7**

Mark all food that goes into the fridge with the date and toss all perishable items within a week<sup>7</sup>

**8**

Wipe Countertops, tabletops, and coffee pot handles with disinfectant wipes daily<sup>5</sup>

**9**

Wash your hands after touching microwave handles, refrigerator handles, appliance buttons or knobs, coffee pot handles and vending machine buttons<sup>3</sup>

**10**

Keep Fridge at 40 degrees Fahrenheit or below<sup>7</sup>

**11**

Soak the water cooler spigot or dispenser in boiling water, scrub and rinse with room temperature water<sup>8</sup>

**12**

Skip the communal candy dish, even if the candy is wrapped<sup>9</sup>

GP CAN HELP AVOID GERMS IN YOUR BREAK ROOM



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Citations -

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2. American Dietetic Association
3. Shape Magazine "5 Gummy Office Habits That can Make You Sick"
4. University of Arizona/Gerba & Reynolds
5. Southern Illinois University, Edwardsville "Fighting Germs in the Workplace" Study
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9. Woman's Day "9 Surprising Office Germ Havens"