

Best Practices for a Virus Free Work Space

Start by washing your hands for 20 seconds with soap and warm water. Do this regularly all day long.

You will want to clean your work surfaces but also important are the high traffic areas you use all day like door knobs, light switches, refrigerator and microwave handles, drawer pulls, remote controls, toilet and faucet handles because one surface can be cross contaminated by another in one touch. Use wipes or cleaners that disinfect 99.9% of germs and viruses. Don't forget to wash soft surfaces like throws, curtains and sofa pillows as often as possible. After cleaning it is important to wash your hands one last time.

[Click here for the CDC website with more information](#)