

Germs! **Let's avoid and eliminate them!**

Good social distancing, site cleaning and hand washing will help ensure this virus is controlled as much as is possible.

5 TIPS **On how to STOP the germs in their tracks.**

1. Kitchen Tools

Did you know that kitchen sinks hold more germs than bathrooms sinks? As one of the busiest places in the home, it comes as no surprise that our kitchen is one of the most common areas where germs are found. The germiest spots in the home include dish rags and sponges, kitchen sinks, countertops and cutting boards. Whether it is the kitchen sink, stove, microwave or fridge, they all contain germs that should be removed with proper sanitization.

2. Exercise Equipment

Whether at home or at the gym, you're likely to encounter germs on every single piece of exercise equipment. Avoid these germs by properly sanitizing equipment before and after you are done using it.

3. Car Interior

Each day — without thinking twice — you get in and out of your car to go about your daily routine. Whether that's picking up your kids from school or going to and from work, the array of germs you and your loved ones are spreading on your car's door handles and inside interior is cringe-worthy. In fact, the steering wheel of a car can harbor up to nine times the number of germs found on a public toilet seat. What's more, the trunk of a car can house more than 1,000 bacteria per square inch and a half. Don't wait — wipe down your car today!

4. ATM Keypads

ATM keypads are another overlooked place where germs can be found. In fact, 41% of ATM buttons contain enough germs to spread illness, according to a study by Kimberly-Clark Professional. Stop the germs in their tracks by carrying hand sanitizer with you, use before and after using an ATM.

5. Cell Phones

It's likely you spend a lot of time touching your phone — and covering it with germs. The average cellphone holds approximately 10 times more bacteria than your toilet seat. Wipe yours down often.