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# Business & health

ADDRESSING PUBLIC HEALTH IN THE  
WORKPLACE

## Germs in the Workplace

Just because you can't see it, doesn't mean that it is not there!

Dr. Charles Gerba, a microbiologist at the University of Arizona, conducted a study of germs in the workplace. The objectives of his study were to find the bacteria levels on workplace areas, find which surfaces were the worst and measure the effectiveness of disinfecting wipes.

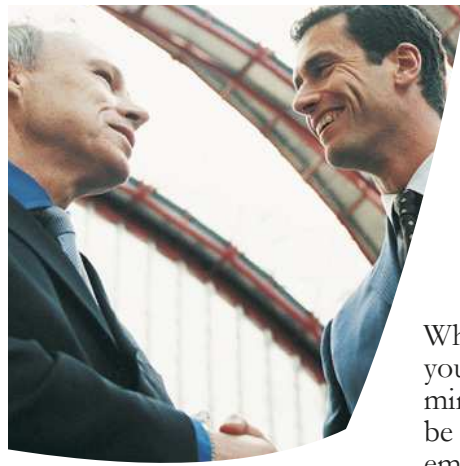
Is it surprising to learn that your desk averages 400 times more bacteria than a toilet seat and 100 times more bacteria than a kitchen table? He also found that the five most germ contaminated spots in the workplace were:

1. Phones
2. Keyboards
3. Computer mice
4. Desktops
5. Pens

Because employee absenteeism and loss of productivity are big issues in businesses, prevention is key. Washing your hands with soap and water after going to the bathroom, blowing your nose, coughing and sneezing are all important in reducing the number of germs on your hands. Dr. Gerba also noted that using disinfecting wipes can reduce the number of germs and bacteria on office surfaces by up to 99.9%. Lastly, having antibacterial hand sanitizers throughout the workplace is another way to significantly reduce the number of germs on your skin.

For more information or if you would like to have a presentation for your staff about germs in the workplace, contact Bridgette Casey at 325-7181.





# Ready in 3

about what to do and where to go during an actual emergency

When making a plan for your family, keep in mind that you might not be together when an emergency happens. It is important to talk about how you will reach each other in different situations. Also, review the plan with the entire family so everyone knows and understands it.

The next step is to prepare a kit. When making a kit, try to have three days worth of food and fresh water for each person in your plan. On

the right are some other items that you will want to include in your emergency kit.

The final step is to listen for information. Because emergencies might knock out electricity, it is important to have a battery-powered radio and stay informed about the current storm conditions.

Please contact Bridgette Casey at 325-7181 for more information on preparing for an emergency.

*Information obtained from the Missouri Department of Health and Senior Services.*

As you all know, this year we have seen a rise in tornadoes and earthquakes. We would like to offer 3 basic steps to prepare for an emergency. They include:

- Creating a plan for you, your family and your business
- Prepare a kit for your home, car, and work
- Listen for information

## Emergency Kit Checklist

- Bottled water
- Canned or dried food
- Battery-powered radio
- Flashlight
- Extra batteries
- First-aid kit
- Prescription medicine
- Clean clothes and sturdy shoes
- Extra credit card
- Extra money
- Sturdy trash bags
- Formula and baby food if there is an infant in your home
- Comfort items
- Important documents
- Toilet paper
- Pet supplies

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