

The Great Western News



Ask Mr. Janitor:
Well, here we are, going into November which takes us to Thanksgiving and the start of the colds and flu seasons. Any thoughts on how we can help prevent the spread of colds and the flu within our buildings?



Mr. Janitor Answers:
There is plenty we can do within our buildings to lessen the impact and the spread of colds and the flu. We need to promote a healthy hands hygiene program to those in our buildings. This includes frequent hand washing along with the use of alcohol-based hand sanitizers.

November 2008

Germ Free Hands Zone

Let's start by suggesting that everyone who is medically able should get a flu shot. The medical literature supports the efficacy of flu shots. Flu shots greatly help prevent catching the flu, and if a person who has had a flu shot does get the flu, their flu symptoms are usually much milder than someone who has not had a flu shot.

We took a look at some very recent studies about catching and spreading colds and the flu. Last month, October 2008, the University of Oregon published a study with this conclusion : "most viral infections such as colds and flu are caused by having a virus on your hands and then rubbing your eyes and/or nose or touching your food." It is easy to see why a healthy hands hygiene program can be so important.

The Centers for Disease Control and Prevention (CDC) continues to report that "washing your hands is the best way to fight germs." "To kill the germs, you need to keep your hands under the water for 20 seconds after lathering them with soap." It can be difficult to get people to spend this amount of time washing their hands. To give you an idea of what 20 plus seconds is, that is how long it takes to sing the "Happy Birthday" song twice. Using foam soap from Great Western may help because most people like using foam soap better than the old fashioned soaps, and they are more likely to spend enough time to get rid of the germs using foam soap. Foam soap is an excellent weapon to have in your healthy hands arsenal.

A second weapon in your healthy hands arsenal should be an alcohol-based hand sanitizer. The goal is to keep hands as germ free as possible to prevent catching and spreading colds, flu and other diseases. Since they are waterless, hand sanitizers can be used anywhere. Dispensers can be mounted wherever they may be needed in schools, offices, factories, airports and sports stadiums, etc. Hand sanitizers can even be put into vehicles so everyone can have protection. Once dispensed into your hand, it takes 15 seconds to rub it into your hands. When this is done, the sanitizer will kill 99.99% of the germs on your hands. Great Western can show you a variety of dispensers to meet your needs. The CDC reports that alcohol-based hand sanitizers work to curb illness. In a recent study reported in the *San Francisco Chronicle*, "absenteeism was reduced by 51% in facilities that implemented a healthy hands hygiene program stressing proper, frequent hand washing along with the use of an alcohol-based hand sanitizer." Promote a healthy hands program to the proper people within your facility. Great Western can help you put this together so that there will be fewer cases of colds and flu in your facility. Give us a call at our Davenport office at 563/445-6644 or in the Cedar Rapids area at 319/395-0445.

Please note, Great Western Supply will be closed on Thursday, November 27 and on Friday, November 28 to celebrate Thanksgiving. Thank you and have a Happy Thanksgiving!

PURELL® TFX™ Touch Free Dispensing System

Touch-free, trouble-free hand sanitizing

PURELL®...the brand people know and trust.



PURELL, America's #1 brand of instant hand sanitizer, kills 99.99% of most common germs that may cause illness.



Kill germs and enhance your image...all with one system!

A recent study shows that healthcare workers sanitized their hands 20% more often when PURELL was provided in a touch-free dispenser!¹ If you're serious about reducing the spread of germs, you'll want to provide PURELL in the TFX dispenser.

- Automatically dispenses the right portion
- Skylight makes it easy to see when it's time to reload
- Turns off automatically when dispenser is opened
- 30,000 uses from three standard C-size alkaline batteries
- Fully ADA compliant – UL/CE registered

The PURELL TFX Touch Free System is part of a complete hand hygiene program available from GOJO. For more information, call 1-800-321-9647.

