

Workplace Safety Guide:

Preventing the Quaddemic in Offices & Public Spaces

COMMIT TO



5 Key Steps to Prevent the Spread of Infectious Diseases at Work



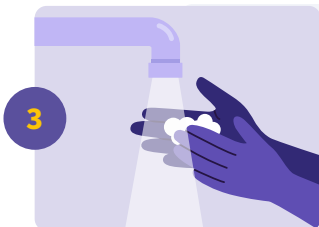
Promote Vaccination

- Encourage employees to stay up to date on **flu, COVID-19, and RSV vaccinations**.
- Regularly assess and upgrade HVAC systems to ensure they can handle air quality efficiently, focusing on adjustments that minimize pathogen transmission.



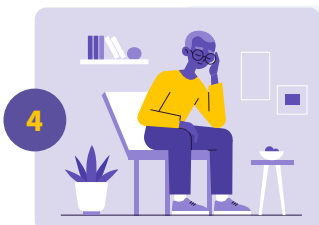
Keep the Air Clean

- Improve **indoor ventilation** with open windows or air purifiers.
- Use **high-efficiency air filters** and regular HVAC maintenance.



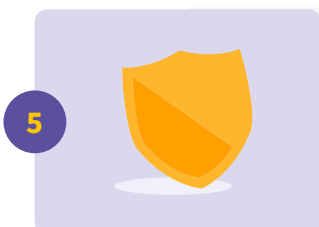
Enforce Hand Hygiene & Cleaning

- Provide **handwashing stations** and **alcohol-based hand sanitizers**.
- Clean **high-touch surfaces** (desks, doorknobs, shared equipment) regularly with **disinfectants effective against viruses**.



Encourage Sick Employees to Stay Home

- Offer **flexible sick leave policies** to prevent sick employees from coming in.
- Set up **remote work** options when possible.



Promote Personal Protection & Awareness

- Provide **masks in high-risk environments** or during outbreaks.
- Educate employees on **symptoms and when to seek medical advice**.

Share This Guide to Keep Your Workplace Safe!

Prevention is everyone's responsibility



Small changes make a big impact in reducing the spread of infectious diseases in offices and public spaces.



Join the movement!

Learn more at Commit2CARE.org

Join us as we **COMMIT TO CARE**

