

Help Prevent the Spread of the Flu Virus

At the Health Club



Disinfect hard surfaces*

- Step 1** For heavily soiled surfaces, clean excess dirt off.
- Step 2** Thoroughly wet surface by using a disinfecting wipe or disinfecting solution in a spray bottle.
- Step 3** Allow disinfecting solution to contact surface for minimum contact time (according to the product label) and rinse if necessary.
- Step 4** If there's excess disinfectant or water, wipe off and air dry.

Disinfect hard floors*

- Step 1** Sweep and pick up excess dirt.
- Step 2** Apply sufficient disinfectant solution so that floor remains wet for the minimum contact time according to the product label.
- Step 3** Mop floor and remove excess disinfecting solution.
- Step 4** Use clean water and a clean mop head to thoroughly rinse floor. Let air dry.

Always use products as directed.

*Nonporous, hard surfaces

Key Areas to Disinfect

Common Areas



Offices & Reception



Bathrooms & Locker Rooms



Equipment



Checklist of Surfaces to Disinfect



Pay Special Attention to Germ “Hot Spots”



Common Areas

- Light Switches
- Door Handles
- Water Fountains & Coolers
- Vending Machines
- Railings
- Chairs & Benches
- Tabletops
- Trash Cans
- Floors



Bathrooms & Locker Rooms

- Sinks & Faucets
- Countertops
- Toilets & Urinals
- Showers & Hot Tubs
- Saunas
- Door Handles
- Lockers & Benches
- Trash Cans
- Floors
- Light Switches



Offices & Reception

- Desks
- Chairs
- Counters
- Keyboards
- Computer Mice
- Telephones
- Cash Registers
- Light Switches
- Trash Cans
- Floors



Equipment

- Exercise Machines
- Handles & Controls
- Bicycle Seats
- Weights
- Mats

Always use products as directed.