

SENIOR NUGGET - JANUARY 2013

Best wishes to all having a January Birthday

Check your birth verse on www.birthverse.com

TOPIC: GERMIEST PUBLIC PLACES

- ATM buttons
- Coins/money
- Crosswalk buttons
- Entrance handles
- Escalator rails
- Gas pumps
- Mailbox handles
- Parking meters
- Restroom floors (never set purses on them)
- Shopping carts (handles)
- Toilet handles
- Vending machine buttons

GERMIEST PLACES IN THE HOME

- Car keys
- Computer keyboard / mouse
- Door knobs
- Refrigerator handles
- Pet bowls
- Kitchen sponges
- Telephone
- Toilet handles

SUGGESTION:

- Use hand sanitizers at home, work, and in car
- Keep plastic gloves in car - use to pump gas to avoid gas fumes on your hands and steering wheel.

HAVE A HEALTHY, HAPPY NEW YEAR



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Your comments and suggestions are welcome