

**THE HOLIDAYS ARE HERE:** Time for potluck parties, shopping outings, family get-togethers – and all the germs that come with them! This is where Good Chemistry Lives Here comes in. Consider us your go-to resource for all the tips you need to stay healthy and happy this holiday season.



## SHARE JOY NOT GERMS: **Top Holiday Hiding Places for Germs**

Sometimes an area may look clean, but tiny microorganisms like bacteria, viruses, and fungi are lurking beyond the naked eye. Luckily, antimicrobials are here to help protect you.

Check out these unexpected places that we recommend disinfecting this holiday season to help keep you and your family safe from all those frightful germs.



Airplanes, Trains, and Automobiles

Trapped in close guarters with strangers is one of the fastest ways to spread viruses or bacterial infections. Disinfect your seats before settling in for a long journey.



touched.

While many think to disinfect the inside of the fridge, remember to use antimicrobials on the outside of the fridge, especially on the handles, which are frequently

**Outside of** 

the Fridge



With flu season in full

swing, your bed can be a

Wash your sheets with

antimicrobial detergent

breeding ground for germs.

**Bed Sheets** and Towels



**Home Floors** 

Your shoes can pick up germs from the outside. Keep your floors mopped with disinfectant because children and grandchildren crawl around on the floor.



regularly.

**Movie Theaters** 

Going to go check out this holidav's latest blockbuster? Bring your antimicrobials to wipe down the seats and armrests.



You and your coworkers don't want to make each other sick. Use antimicrobials to wipe down equipment like your computer keyboard, stapler, and desk.

## FEAST ON THIS:

# **Top Tips to Avoid Holiday Food Poisoning**

'Tis the season for giving, sharing, and spreading fun. But one thing that no one ever wants to give? Sickness to your party quests. During the holiday season, great families need good chemistry to make sure they stay happy and healthy. Here are our top tips for making sure antimicrobials stay hard at work in your kitchen to keep germs and bacteria from bah-hum-buggin' your festivities.

## TAKE HOLIDAYS, NOT SICK DAYS: **Tips for When You're On-The-Go**

### Wash Your Hands

Use antibacterial soap and water Use antimicrobials to wipe to properly disinfect them.

#### **Keep Smelling Fresh**

Athletic shoes and workout apparel contain antimicrobials that protect them from unpleasant odors.

## **Clean Your Surroundings**

down armrests, seats, and other places while traveling.

#### **Pack Your Disinfectant**

Portable cases of antimicrobial disinfectants and hand sanitizers can come in handy while traveling.



## **Keep Those Surfaces Sparkling**

Disinfect all kitchen surfaces - not just your countertops. Germs and bacteria can hide in many places. Use a disinfectant spray to wipe down your countertops, sinks, cabinets, and appliance surfaces, and all handles or drawer pulls.

Spray to **Stay Merry** 

Keep vour disinfectant spray handy. Whether it is an unexpected spill or you've finished prepping raw meat, use an antimicrobial spray to disinfect surfaces, and surrounding areas where raw meat may have touched.



## **Dust Off Those** Mop Skills

Mop – don't just sweep or vacuum. Floors not only collect crumbs and drips from your holiday meal prepping, but they also collect germs. Keep your floors germ- and bacteria-free by using a disinfectant floor cleaner.



## **Sleigh Germs with Antimicrobials**

Whether you are washing your dishes, or washing your hands, use antimicrobial soaps, gels, or foams to disinfect and sanitize, stopping the spread of germs and diseases.



## Get in the Know-Ho-Ho

Know there is a difference between clean and disinfected! You need a disinfectant, not just a cleaner, in order to kill germs and bacteria.

# HOLIDAY GUESTS: How to Make Their Stay Merry

We all know there's no place like home for the holidays. Of course, visits from family and friends are one of the many highlights of the holiday season, but can also bring a lot of unwelcomed germs into your house.

Fortunately, Good Chemistry Lives Here is here to help protect you, your family, and your guests. Take a look at how Good Chemistry can help ensure your guests have the merriest stay.



## Give 'Em Something to Sneeze At

Share antimicrobial tissues or antibacterial soap. Seasonal allergies and colds can cause a lot of sneezing and coughing, which antimicrobial tissues can contain. Guests can use antibacterial soap afterwards to disinfect their hands.



Provide new towels every day. Since microbes thrive in moist and humid environments, providing fresh and dry towels protect your guests from germs. Washing the towels with antimicrobial laundry detergent also kills any harmful bacteria.



## Give the Gift of Antimicrobials

Keep antimicrobial soap in the guest bathroom. After arriving, family and friends can prepare for the holiday festivities by using the soap to wash off any germs.



Clean Those Fa-La-Linens

Offer a set of fresh sheets. Antimicrobial laundry detergent removes any bacteria and germs and ensure the beds are ready for your guest's arrival, and a germ-free sleep.



## Keep That Kitchen Shining Bright

Clean the kitchen. The kitchen is one of the most popular spots for family and friend gatherings. Use antimicrobials to wipe down the counters and cabinet handles, and to mop the floors.







## Learn more at goodchemistryliveshere.com

