

Great River
office products

Office Supplies With a Personal Touch.



February 2018

Flu Season is Here. Tips to Stay Healthy.



It's that time of year for the sniffles, absences from work, and rumors of "the flu". In fact, rumors of the flu are true. According to the C.D.C.'s Flu View index, the 2017-2018 flu season will rival that of 2014-2015 when the H3N2 strain of the virus was particularly nasty. To date, reports of the flu are up 500% across the country.

Short of hiding in a sterilized bubble, what is a person to do?

- **Get a Flu Shot**

The CDC (Center for Disease Control) recommends a flu shot for nearly everyone. Children 6 months and older through adults should get the shot. Particularly anyone in the high-risk category (children less than 5, adults over 65, anyone living in a long-term care facility, and those with a chronic illness) should be vaccinated. It's advised to get the shot before the end of October, but it is not too late! You may want to consider getting one even though it's the end of January.

- **Avoid Those Who Are Sick**

It should go without saying that you need to be cautious during cold and flu season. Don't share a drink with someone sneezing. We realize that part is common sense, but it's also

important to avoid the gentleman at Starbucks who keeps sneezing or the cute 2-year-old at the grocery store with the runny nose.

If you've been out and about, remember to wash your hands before sitting down for a meal at McDonald's. Germs are literally everywhere.

- **Go See Your Doctor**

If you do get sick, don't wait to see your doctor. Your physician does have treatments that can help lessen the severity of the flu, shorten the time you are sick, and they can help prevent serious flu complications. It is best to start antiviral drugs within 2 days of feeling sick.

Additionally, you may want to take extra precautions around the office to clean up those germs.

Our suggested list of items to keep on hand include:

Purell - Hand sanitizer might become your new best friend. Available in a few sizes and forms, Purell comes in an 8-ounce travel size, a 67.6-ounce economy pump, and in a sanitizing wipe. Purell Hand Sanitizer kill 99.99% of the most common germs. It's handy, effective, and it smells good. You really can't go wrong.

Products That May Help

Lysol - This time-tested household name is synonymous with disinfectant. Did you know Lysol comes in more than the old-fashioned liquid form? It does! The handy anti-bacterial Lysol wipes and Lysol Linen disinfectant give you simple ways to clean up desktops and cloth chairs. Lysol spray is still on the market and it's a great way to clean the space around you.

Purchase 110 Lysol Anti-bacterial wipes or professional Lysol Linen disinfectant spray. These products are great for killing 99.9% of germs on site. They clean, disinfect, and deodorizes. When using Lysol think of all the germs, you will prevent from spreading.

Clorox - If you're a loyal Clorox fan, you'll be happy to know your favorite brand also comes in multiple forms. In addition to good old liquid bleach in the big white jug, Clorox also has disinfecting wipes. If you're planning to clean using the liquid form, remember to dilute it a bit for better results. If you're wondering how effective Clorox products are, their germ-killing efficacy rate is 99.99%.

GJO Soap and Sanitizing Products - A lesser known brand name that packs an equal amount of germ killing power is Genuine Joe. Their 8.5 oz, clear, moisturizing gel is a great fit for a desk draw or hand bag. This product is proven to kill 99.9% of the most common germs on your hands in 15 seconds and you don't need water.

Make sure you have plenty of Genuine Joe foam hand soap in refillable bottles for the restroom. This bio-based product smells good and it moisturizes as it kills germs.

Stop the Coughing and Runny Nose! Be considerate of your neighbors and yourself. Stop that lingering cough with a variety of cough drops. Cadbury Schweppes and Ricola cough drops are fast-acting cough drops that help relieve discomfort.

The products noted above can be found on the Great River Office Products website. We deliver to your door so there's no need to brave the cold to find products that will make you feel better!

Comfort and Productivity Go Hand-in-Hand



Have you noticed your co-workers slouching or complaining their neck hurts? Maybe Joe in the corner cube is constantly wandering the office "stretching his legs". These are signs your office furniture may not be a proper fit.

Humans were not made to sit 8+ hours per day. We were built to move around and do things, but many of us find ourselves in desk jobs. Given the amount of time each of us spends at our desks each day, it's

important to consider the fit of the chairs and desks we're using.

Ergonomically, well fit-furniture is such that it can be tailored to those using it. For example, a well-fit chair will have arm rests that adjust for proper typing. These adjustments will make sure shoulders are placed correctly to avoid undue stress. Chair seats should also be adjustable to ensure feet are flat on the floor and not hanging or causing someone to hunch uncomfortably.

Desks are the next area where making small adjustments can make a huge difference in the ergonomic and versatility of positions for workers.

We often recommend the following items for offices struggling with ergonomics.

1.) **Standing Desk**

A Lorell Adjustable Desk/Monitor Riser allows your employees the option to sit or stand with ease. The riser is designed for two monitors or a monitor and a laptop with an adjustable ergonomic keyboard tray. The riser adjusts to regular desk height, allows for a choice of five standing heights to adjust to most adult heights. This product comes with a five-year warranty.

2.) **Gel Keyboard Wrist Pads**

A Compucessory gel keyboard wrist pad supports wrists and prevents stress in the forearms. The Compucessory allows employees to rest their forearm muscles for comfort.

3.) **Gel Mouse Pad**

A Compucessory mouse pad supports user's wrists and provides an ergonomically contoured design to reduce hand/wrist fatigue. The gel keyboard wrist pad conforms to your wrist for greater comfort and support.

At Great River Office Products, we offer a wide selection of office furniture that will fit the comfort for your employees and your price range. Our reps are trained ergonomic experts and can help you choose the right fit and finish for our office. Call us today to schedule your furniture consultation today.

**Need Promotional Items?
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It's Time to Be Noticed

PROMOTIONAL PRODUCTS are the most highly regarded form of advertising.

Pens, bags, hats, shirts, cups, and MORE.
If your logo can go on it, we can get it for you!

February Specials

Airwick V.I.Poo Pre-poo Toilet Spray

Sale Price
\$84.69/CT

Offers Valid Through February 28, 2018

Lysol Lemon/Lime Disinfecting Wipes

Sale Price
\$24.42/PK

RAC84251

Offers Valid Through February 28, 2018

Lysol® with Hydrogen Peroxide Bathroom Cleaner - Cool Spring Breeze - 22 oz.

Sale Price
\$5.28 EA

RAC85668

Offers Valid Through February 28, 2018

Lorell Deluxe Adjustable Desk Riser

Sale Price
\$348.38 EA

LLR99759

Offers Valid Through February 28, 2018

Lorell ErgoMesh Series Managerial Mid-Back Chair

Sale Price
\$154.09 EA

LLR86201

Offers Valid Through February 28, 2018

Coffee Corner

Green Mountain Coffee Roasters Caramel Vanilla Cream

Sale Price

\$16.71 BX

GMT6700



Offers Valid Through February 28, 2018

Caribou Coffee Daybreak Morning Blend

Sale Price

\$16.71 BX

GMT6994



Offers Valid Through February 28, 2018

House Keeping



We now have promotional products.
How do you promote your business?
Let us help!

We will be OPEN on February 12 - President's Day.

Happy Valentine's Day on February 14! We do love our customers.



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