

Pacific BREEZE

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MAY 2020 NEWSLETTER NO. 103

PROTECT YOURSELF FROM GERMS

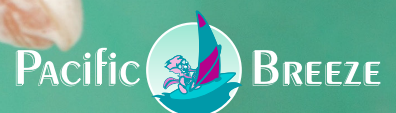
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WORKING HARD
TO GET YOU WHAT
YOU NEED**

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EXERCISE & DIET

FIT IN TIME FOR SUMMER?

It is not too late to start your New Year's Resolution and to get fit for summer. Here are some tips to help you get back into the swing of things!

1. Take it easy - Don't go to the gym and over work yourself. If you haven't been working out regularly you are prone to injury (pulling muscles, twisting ankles, etc.) It is better to start out letting your body ease into it for a couple weeks rather than injuring yourself and being out for a month or more.
2. Exercise and diet - Working out and eating healthy go hand in hand. Working out without eating a balanced diet will not get you to your goal whether that is losing weight, toning up, or simply getting healthy. Try to minimize the amount of processed foods you eat and embrace the produce section of the grocery store. Save some time by prepping your meals for the week on the weekends to shorten or eliminate prep time.
3. Not all machines are created equal - Try using the free weights instead of the machines. Free weights allow you to choose your own path of movement. The machines aren't meant for everyones body type because if you are too short, too tall, your arms aren't long enough, etc., you run the risk of injuring yourself. You can use the dumbbells, medicine balls, and barbells to enhance your workout.

JOKES OF THE MONTH

HA-HA-HAVE A LAUGH

As two caterpillars were crawling along, a butterfly flew overhead.

One turned to the other and said,

"You'll never get me up in one of those things!"

If April showers bring May flowers, what do May flowers bring? Pilgrims!

What travels around the world and stays in a corner? A stamp.

What May flowers grow on faces?
Tulips (Two-lips).

Who conducts the spring orchestra?
May-stro.

What season is it when you are on a trampoline in May? Spring-time.

HOME & LIFESTYLE

MAY GARDENING TIPS

If you are giving or are given roses for Mother's Day they can go straight into the ground this time of year. Be sure to dig a hole in the ground, double the size of the pot they are in and use a good blend of soil and fertilizer.

A cleaner way to pick weeds is to wait until after it has rained because weeds break through wet soil easier.

Plant some vegetables that love warmer weather this month like tomatoes, cucumbers, carrots, cilantro, dill and corn. If you plant at various times you will have a variety of vegetables throughout the summer instead of one short harvest. Once the flowers on plants have died be sure to cut them off but not the leaves.

If you plan on making your own organic compost do not include the following:

- Plants that are diseased
- Ivy or rhododendrons
- Dandelions or other weeds

Consider a raised garden bed next year if you are having a problem with slugs or small bugs that are happily "munching" on your vegetables. Also, raised garden beds allow you to move freely around the entire garden. Added bonus: raised beds are convenient if you have trouble getting up and down while gardening. Due to the height of the raised beds they are more comfortable if you build a sturdy lip to sit on while enjoying your garden.

SPRING CLEANING

SPRING WINDOW CLEANING

Have you ever cleaned your windows and had a ton of lint stick to the surface because of your towel? Instead of picking up your bottle of **4GP Glass & Plastic Cleaner** and a towel, grab newspaper instead. The newspaper is virtually free and will leave your windows bright and clean. Grab one sheet of newspaper, scrunch it into a ball, spray your window with **4GP Glass & Plastic Cleaner**, and wipe your window down in a circular motions with the newspaper. **4GP** leaves you



with a streak and spotfree surface, and works great for both indoor and outdoor windows. Remember that your windows will look best if they are cleaned on a regular basis, at least twice a year on the inside and outside. **GET TO CLEANING!**

HAND SANITIZER & MOISTURIZER

DON'T FORGET!

Watch out for germs and viruses you can't see! Using

Pacific Breeze

Instant Hand

Sanitizer is a simple

way to protect yourself!



SIMPLE DINNER ADDITIONS

HOMESTYLE BAKED BEANS

Add this delicious garlic oil side to your next home-cooked meal!

Ingredients:

- 30 oz. - Large can of plain baked beans
- 2 garlic cloves
- ½ ea. - Onion diced small
- ⅛ tsp - Black pepper
- 2 Tbsp. - Ketchup
- ½ tsp - Liquid smoke
- ½ tsp - Yellow mustard
- 5 shakes of Tabasco sauce
- 1 Tbsp. - Worcestershire sauce
- ½ cup - Brown sugar
- 2 Tbsp. - Olive oil

Instructions:

1. Sauté olive oil, onions, & garlic for 5 mins on medium heat
2. Add remaining ingredients together, and bring it to a boil, and then turn the heat on low for 45 mins.
3. Serve and enjoy!

HOW TO PROTECT YOURSELF FROM UNWANTED GERMS & VIRUSES

WE'RE ALL IN THIS TOGETHER!

Gone are the days when we just needed to protect ourselves from cold and flu season. Germs are everywhere and they don't discriminate between seasons. It's more important than ever to protect ourselves from germs and viruses – daily.

The most effective (and the most popular) way to fight off germs is by washing our hands. We have all heard that. But, why? We touch our face almost 25 times every hour. That's an average of almost 400 times per day. Throughout the day, we're touching countless bacteria and germs. Then we're bringing those germs up to our eyes, nose, or mouth. By not washing your hands, you're increasing your risk of getting sick. It really is as simple as regularly (and thoroughly) washing our hands.

How Often Should You Wash Your Hands?

Now that we've established how important it is to wash your hands, the question becomes "when". How often do you need to wash your hands in order to fight off those pesky germs and bacteria? There are 10 circumstances recommended by the CDC (Centers for Disease Control) in which to wash. These include:

1. Before, during, and after food preparation
2. Before you eat
3. Before and after taking care of someone who is sick
4. Before and after treating a wound
5. After you change a diaper or clean up a kid
6. After using the restroom
7. After you blow your nose, cough, or sneeze into your hands
8. After you touch an animal, animal food, or animal waste
9. After handling pet food or treats
10. After touching garbage

5 Places Germs Like to Hide

If you follow these guidelines, there will be plenty of times to rid yourself of germs throughout the day. Germs are hiding on all sorts of surfaces, not just the ones mentioned. Let's cover a few of those:

1. Doorknobs. Doorknobs are touched by everyone in your house, all day, every day and contain tons of germs. If someone forgets to wash their hands after they change a diaper, they transfer those germs to the doorknob. If they blow their nose and open the bathroom door to wash their hands, the doorknob now has germs. This is the same thing with all of the other knobs (and light switches!) in your house. Try to avoid touching these. If you can't, try using a disinfectant on the knobs at least once or twice per day.

2. Kitchen sponges. Sponges are gross. After about a week of use, 75% of regular household sponges have traces of Salmonella and E. coli (the National Sanitation Foundation). Think about that. Every time you pick up a sponge to wash a dish, you're getting that on your hands and on your dishes. It's a good idea to sanitize your sponges. Throw them in the washer or soak them in antibacterial solution. (As often as you can.)

3. Coffee Reservoirs. This goes for pour overs, too. Coffee reservoirs carry germs, yeast, and mold, and you're touching them every single day. It's hard to remember to throw these into the dishwasher daily, but if you can, you should. You can also soak these in vinegar for 30-45 minutes, if you'd like to do it that way.

4. Pillow cases. Like any item of laundry, pillow cases need washing. The problem is that we don't often think to wash them frequently. Some people will go weeks without changing their pillow cases, and this is a huge problem. Your pillow case is home to all of your end-of-the-day germs. It is also soaking in any sweat or dandruff throughout the evening. If you have acne and you can't figure out why, check your pillowcases. If they're dirty, they can cause skin problems. Your mouth, nose, eyes, and ears are also pressed up against them. You're more susceptible to illness if you don't wash them frequently. Try laundry detergent with an antibacterial agent.

5. Electronics. Germs will easily transfer from your hands to your remote controls and your phones (and any other electronics you frequently use). Certain viruses and germs can survive for days on plastic surfaces. Don't forget to keep some antibacterial wipes on hand and wipe them down every day or two.

These things, and many others, can't always be cleaned every day. That's why we wash our hands;

we take preventative measures to keep healthy (and to keep our families healthy).

What Types of Products Should I Use?

Hand sanitizers and hand soap are often effective, but they dry out the skin. Thankfully, there are products out there that cater to comfort while fighting off bacteria and germs. For example: moisturizing hand sanitizer. It's important that you always buy a hand sanitizer that's at least 60% alcohol (that's what kills the germs). Alcohol dries out the skin and cracks it. Most people will use lotion a few times a day in order to avoid this. With a moisturizing hand sanitizer, you don't need to use lotion in between uses – it is hydrating your skin every time you use it!

Soap can also be drying and tough on the skin, especially if you're using it as many times a day as we're recommending. Thankfully, there is soap that moisturizes while it cleans. Try getting a soap with almond and honey in it. Your skin will thank you later. If you own a company, you will want to stock your bathrooms with moisturizing sanitizer and soap. You want a clean environment and you want to encourage your employees to wash their hands. If you pick products that smell and feel good, your employees will be more inclined to use them on a regular basis! You might consider placing a bottle of sanitizer at each desk, as well.

Germs, viruses and bacteria may be invisible to the naked eye, but they are everywhere. Encourage your employees to clean their electronics and sanitize their hands for the safety of everyone. The less your employees get sick, the less money you'll lose! Another great thing about these products is that you can buy in bulk to save some money.

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Kills 99.999% of germs in seconds...

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order directly on our website at www.pcbz.com!



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THE PACIFIC BREEZE EXPERIENCE

Pacific Breeze was founded in 1973 and since then, Pacific Breeze has been providing businesses with products and services ranging from odor control to office supplies becoming an established industry leader. To ensure that our status in the industry is maintained, we at Pacific Breeze demand the highest quality in our products, service, and vendors.

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