



"The Innovative Cleaning Professional"

Handwashing is one of the best ways to protect yourself and your family from getting sick.



Washing your hands is easy and it's one of the most effective ways to prevent the spread of germs.

Clean hands can stop germs from spreading from one person to another from your home and workplace to schools and hospitals.

Follow these five steps to wash your hands the right way.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



February is American Heart Month

Contest: Send me an email with the correct answer to the question and your name will go into a drawing for a \$50 Visa gift card.

True or False Is Heart Disease the number 1 killer in Americans?

Take the time to recognize symptoms and brush up on how to make better decisions for your heart.

For more information click the link below
www.heart.org

Client Spotlight

WELCOME BACK!

Eagle Cleaning is built on integrity and service. The highest compliment we can receive is when clients return.

We want to take this opportunity to welcome back to the Eagle family New England Plasma.

New England Plasma located in Putnam, CT was founded in 1988. New England Plasma specializes in thermal spray coatings, machining and grinding solutions for the aerospace/gas turbine industries. Their expertise is based on thorough knowledge of coatings, both theoretical and practical, gained by over 30 years of experience.

For more information visit www.neplasma.com

Employees of the Month

Eagle Cleaning recognizes 2 employees a month who go above and beyond. The recipients each receive an Employee of the Month certificate, Eagle Sweatshirt and a \$100 Visa Gift Card!

Congratulations and thank you for your hard work and dedication!
 Go Team Eagle!

**February
 Marilyn Landaverde
 Seven Hills Foundation**



**February
 Monica Mendes
 Westboro Tennis Club**

