



"The Innovative Cleaning Professional"

Flu season during the COVID-19 pandemic

Click to [Visit CDC/Flu](#)

Seasonal flu typically strikes hardest from October through March. With COVID-19 still very much a concern throughout most of the U.S., many health experts predict the country will face two serious outbreaks at once if COVID-19 and the flu coincide this winter..

Many businesses/facilities and schools are gradually re-opening and bringing employees/students back after several months. A flu outbreak could hinder that progress.

Tips:

- Wear Mask
- Avoid shaking hands
- Practice social distancing
- Wash hands often with soap and water for at least 20 seconds. If no soap and water is immediately available, use hand sanitizer
- Keep your work station sanitized
- Sanitize all high touched surfaces sanitized
- Stay home when sick
- Wash or sanitize your hands after coughing or sneezing
- Refrain from touching the eyes, nose, or mouth; wash hands first
- Get vaccinated and/or tested

September

Deivid Gomes

New England Plasma



September

Celio Silva

Groton School



Electrostatic Disinfectant

Eagle uses hospital grade disinfecting agents to make your work environment safe. In addition, we also offer electrostatic disinfecting spraying, which is the best method for killing the COVID-19 virus and the FLU.



Call today... **508-799-0700**

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!

Pumpkin Bars Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 4 eggs, lightly beaten
- 1 15 ounce can pumpkin
- 1 2/3 cups sugar
- 1 cup vegetable oil
- Cream Cheese Frosting
- ¾ cup chopped walnuts (optional)



Directions: Preheat oven to 350 degrees F. Line a 15x10x1-inch baking pan with foil, extending foil over edges of pan; set aside. In a medium bowl stir together flour, baking powder, cinnamon, baking soda, and salt; set aside.

In a large bowl stir together eggs, pumpkin, sugar, and oil. Stir in flour mixture until combined. Spread batter evenly in the prepared baking pan.

Bake for 25 to 30 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack. Spread with Cream Cheese Frosting. If desired, sprinkle with chopped walnuts. Using edges of foil, lift uncut bars out of pan. Cut into bars.