

GERMS... BEWARE!



Germs are all around us - - in the air and on surfaces we touch. Germs most often get into our bodies through the air or from our hands.

How you can slow the spread of germs

Stay home when sick
Cover your coughs and sneezes
Clean your hands



Examples of surfaces to keep clean



- ▶ Phones
- ▶ Countertops
- ▶ TV remotes
- ▶ Door handles
- ▶ Computer keyboard & mouse
- ▶ Light switches
- ▶ Other surfaces touched by you and others