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

www.publichealth.va.gov/InfectionDontPassItOn