

JOURNEY of a GERM

See how far germs travel and how long they linger.



The **most common way** to spread illness?

Direct contact, from person to person, or inhalation of droplets of saliva



Indirect contact occurs when people touch contaminated surfaces.

Viruses can last up to 24 hours on surfaces.



Your **best defense** against germs?

Hand-washing

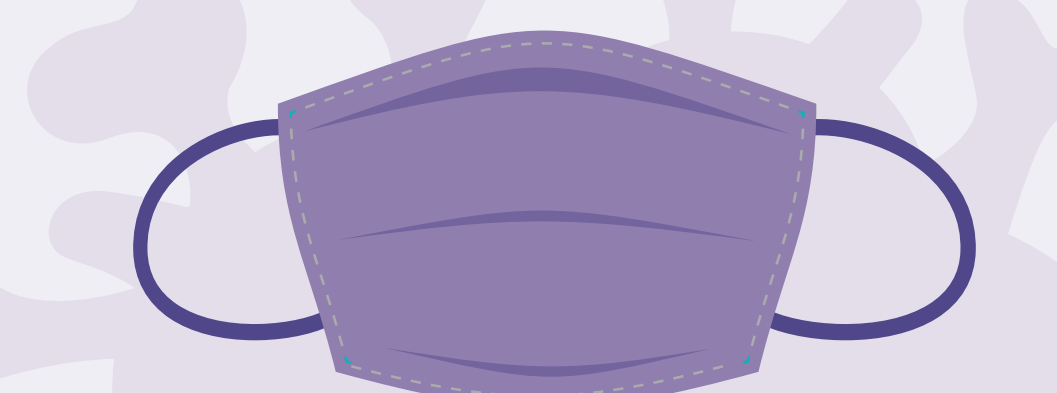
When you cough, roughly **3,000 droplets of saliva** can be projected out of your mouth at up to **50 miles per hour.**

Cover your mouth when you cough or sneeze.

If you don't have a tissue available, sneeze into your elbow.

Particles from your sneeze can travel **up to 26 feet.**

The droplets can linger in the air for up to 10 minutes.



Wear a face mask to prevent the spread of germs.

Don't touch objects with contaminated hands.



Wash your hands with soap and water after coughing or sneezing.

Sources:

https://www.washingtonpost.com/national/health-science/how-far-is-a-safe-distance-from-a-sneeze-farther-than-you-might-think/2017/03/06/6c71fff6-fec6-11e6-8ebe-6e0dbe4f2bca_story.html?utm_term=.2cbebc96e627

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