

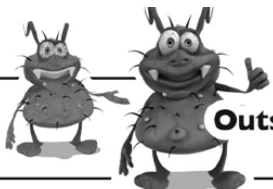
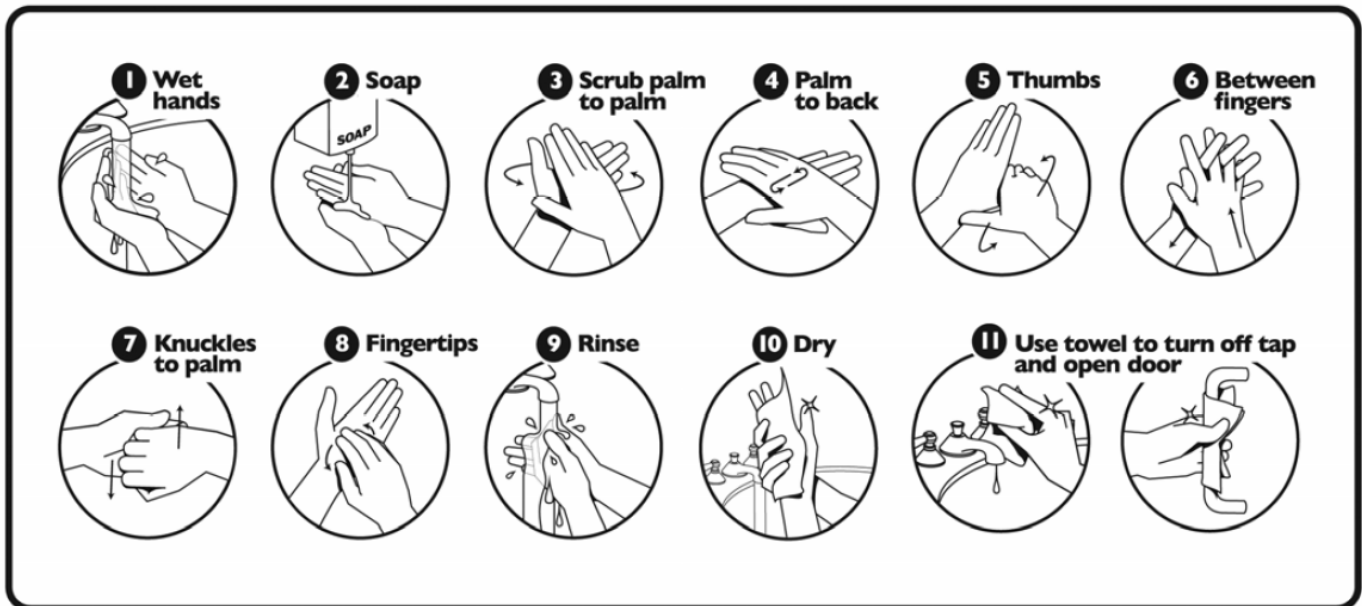
Outsmart Germs

Did you know?

- 80% of infectious diseases are spread through contaminated surfaces and hands.
- Handwashing is the most important thing you can do to prevent illness and the spread of germs at home and at school.
- Improved hand washing can reduce student sick days from respiratory illness like colds and flu by as much as 21%, and sick days from stomach illness by as much as 31%.¹



Use soap, scrub for at least 15 seconds, rinse and dry hands well. These steps all work together to remove germs.



Outsmart Germs...Wash Your Hands!



Wash hands several times per day, especially:

- ✓ After using the washroom
- ✓ After blowing your nose, coughing or sneezing into your hands
- ✓ After using shared objects such as keyboards and telephones
- ✓ After handling the garbage and other waste
- ✓ Before and after preparing or eating food
- ✓ Before and after helping people who are sick
- ✓ Before and after attending to cuts, scrapes burns or other breaks in the skin
- ✓ After contact with bodily fluids such as blood, sputum, vomit, urine or feces
- ✓ When hands are visibly dirty



These are common times when hands can spread germs that cause illness.

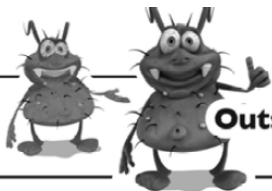
What else can you do to prevent illness?

- ✓ Use hand sanitizer when washing with soap and water isn't possible.
- ✓ Ensure hand sanitizer remains wet on hands for at least 15 seconds and contains at least 60% alcohol as the active ingredient.
- ✓ Keep your hands away from your face. Germs can be spread when you touch your eyes, nose and mouth.
- ✓ Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. This avoids spreading germs into the air or onto your hands and surfaces.
- ✓ Stay home when you are sick. Going to school or work when you are sick can spread germs to others.
- ✓ Clean commonly touched surfaces often, such as doorknobs, washrooms, sink taps, telephones and computer keyboards.

Visit:
www.germsmart.ca
to access videos, activities, and
other educational resources.

References:

1. Aiello, A., Coulborn, R., Perez, V., & Larson, E. (2008). Effect of hand hygiene on infectious disease risk in the community setting: A meta-analysis. *American Journal of Public Health, 98*(8), 1372-1381.



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