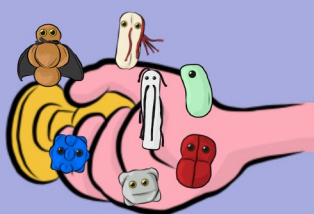


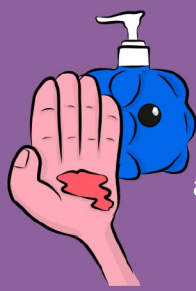
# HAND WASHING TO REMOVE GERMS



Microbes live on surfaces and can be picked up almost anywhere, from shaking hands to touching your phone



1) Wet your hands



2) Squirt on regular soap (not antibacterial soap)

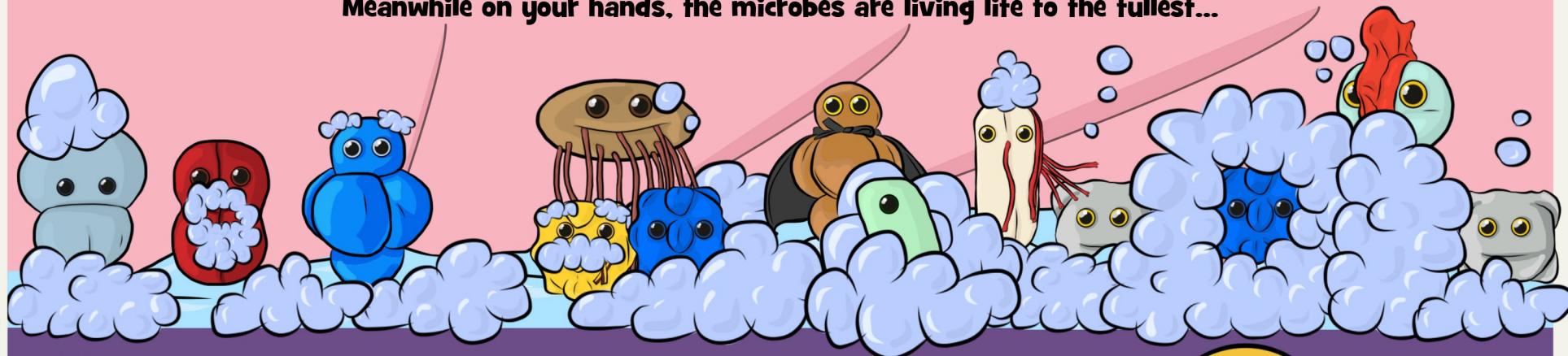


3) Rub and scrub, lathering the soap



4) Make sure you get in all the creases, especially under your nails!

Meanwhile on your hands, the microbes are living life to the fullest...



5) Wash off the soap



6) Thoroughly dry your hands



7) Turn the tap off with a paper towel



Voila! Clean as a whistle and hardly any microbes

And they would have gotten away with it too, if it weren't for you meddling clean kids...

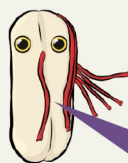


**Common Cold** - Caused by over 250 types of viruses. Rhinoviruses are mostly to blame.



Who are you calling common?!

**Salmonella** - Bacteria that contaminate eggs, milk and poultry.



Which came first, the chicken or the egg or food poisoning?

**MRSA** - A superbug resistant to antibiotics. Some strains are unaffected by almost all treatments.



I'm super, but you won't find me in the Hall of Justice



**Meningitis** - An inflammation of the membranes covering the brain and spinal cord.



**Staph** - Lives harmlessly on skin, but sometimes gets inside to cause infections.

**Norovirus** - Highly contagious and can survive weeks on contaminated surfaces.



Cruise with me for a memorable vacation

**E. coli** - Bacteria that normally live in the gut, but some strains cause serious illness.



Why wasn't I invited to the barbecue?

**Chickenpox** - This virus is highly contagious and can live on the surface of your skin.



Don't be scared, the vaccine is making me roadkill



**Sore Throat** - Streptococcus bacteria cause some, mainly in winter, but viruses cause most.



**Hepatitis A** - This liver-infecting virus spreads from dirty hands and contaminated food or water.