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.

Salmonella - Bacteria that contaminate eggs, milk and poultry.

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

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

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

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.

Who are you calling common?!

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

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

Cruise with me for a memorable vacation

Why wasn't I invited to the barbecue?

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

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