The Four Main Ways Germs Invade

1. Through the NOSE AND MOUTH
   Cold and flu viruses are breathed in and may infect the lungs.

2. Through cuts or breaks in the SKIN
   Anytime the skin is broken, there's an increased risk for infection.

3. Through the DIGESTIVE TRACT (GUT)
   Consuming contaminated foods or drinks may cause infection with symptoms such as diarrhea.

4. Through the URINARY TRACT or GENITALS
   Bacteria, fungus and sexually transmitted infections can enter the body through the nether regions.

PREVENTIVE MEASURES

1. Wash your hands!
   Avoid touching your face, eyes, nose and mouth, but if you must, wash your hands first. If you have a respiratory infection, protect others by covering your sneezes and coughs with the crook of your elbow.

2. Wash your hands!
   Keep wounds clean by using a bandage. Don't share towels, clothing or other personal items.

3. Follow food safety guidelines.
   Wash your hands and cooking surfaces. Keep meat, fish and eggs separate from other foods to prevent cross-contamination. Cook raw foods to 165°F and keep them warmer than 140°F. Store refrigerated foods below 40°F. When in doubt, throw it out!

4. Wash your hands before touching genitals.
   Follow toileting hygiene and wipe from front to back. Condoms can reduce risk for sexually transmitted diseases.

WASH YOUR HANDS!
It's the #1 infection prevention and control measure and so easy to do.

USE SOAP & WARM WATER
and scrub for at least 15 seconds.
(HINT: Sing “Happy Birthday” in your head twice.)
Use a paper towel to turn off the faucet.

OR

USE HAND SANITIZER
by rubbing it completely into the hands until they are dry.

This important infection prevention and control message is brought to you by Sinai Hospital of Baltimore, a LifeBridge Health center. Be safe. Be well. WASH YOUR HANDS.