

# 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?

Handwashing

During a 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.



**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](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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