GET GERM SMART

WHAT ARE GERMS?
There are three major types: bacteria, viruses, yeasts and molds. While not all germs are harmful, many can be dangerous, especially for people living with cystic fibrosis.

HOW DO GERMS SPREAD?
There are a number of ways that germs can be spread, but the most common are by direct and indirect contact and through the air.

DIRECT CONTACT
Germs can spread when bodies touch, such as when shaking hands, hugging or kissing.

INDIRECT CONTACT
They can spread when people touch something with germs already on it, like a doorknob, and then touch their eyes, nose or mouth. Germs can also be spread by sharing items like cups or pens.

THROUGH DROPLETS
Droplets containing germs are released into the air when people cough or sneeze. These droplets can travel as far as 6 feet and can spread germs by landing on surfaces or in another person’s eyes, nose or mouth.

IN THE AIR
Tiny droplets can remain suspended in the air and can be carried by air currents — ready to be breathed in.

BE A LIFEGUARD for your health
Find out more at cff.org/GermSmart