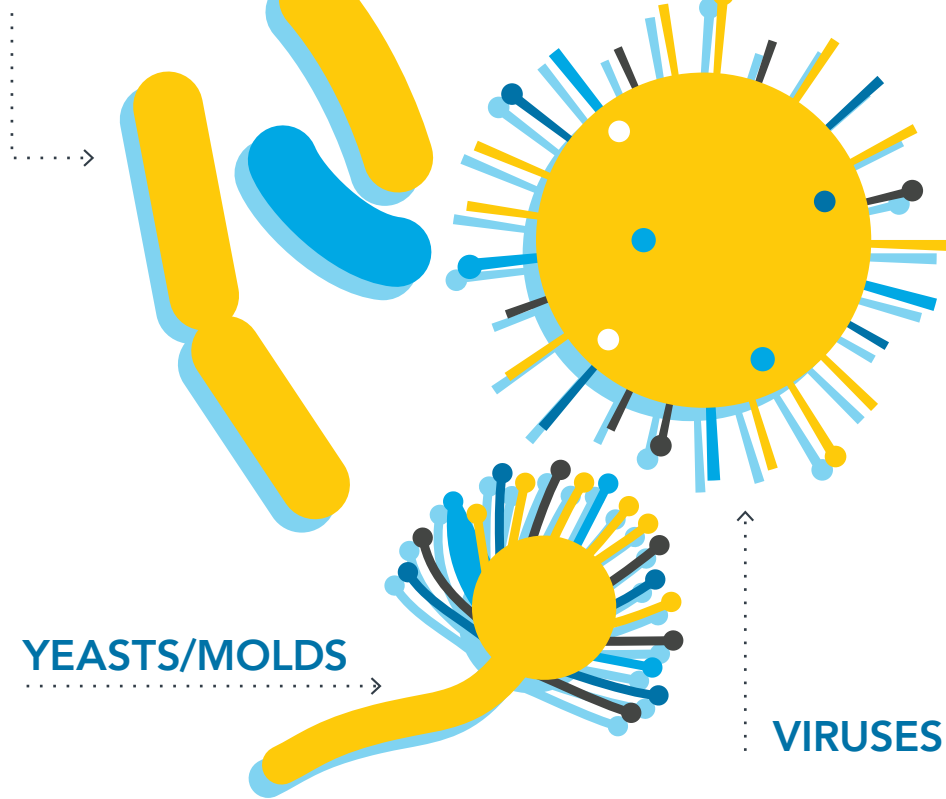


# GET GERM SMART

BACTERIA



YEASTS/MOLDS

VIRUSES

## 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.

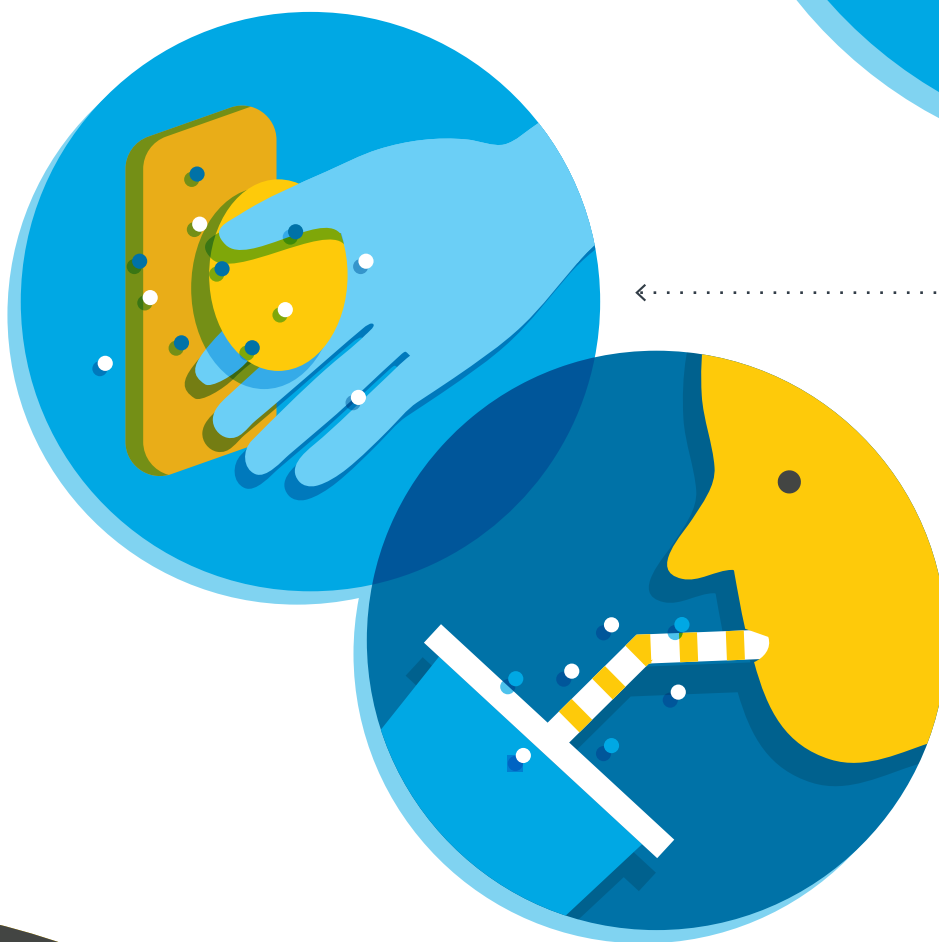
### DIRECT CONTACT

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



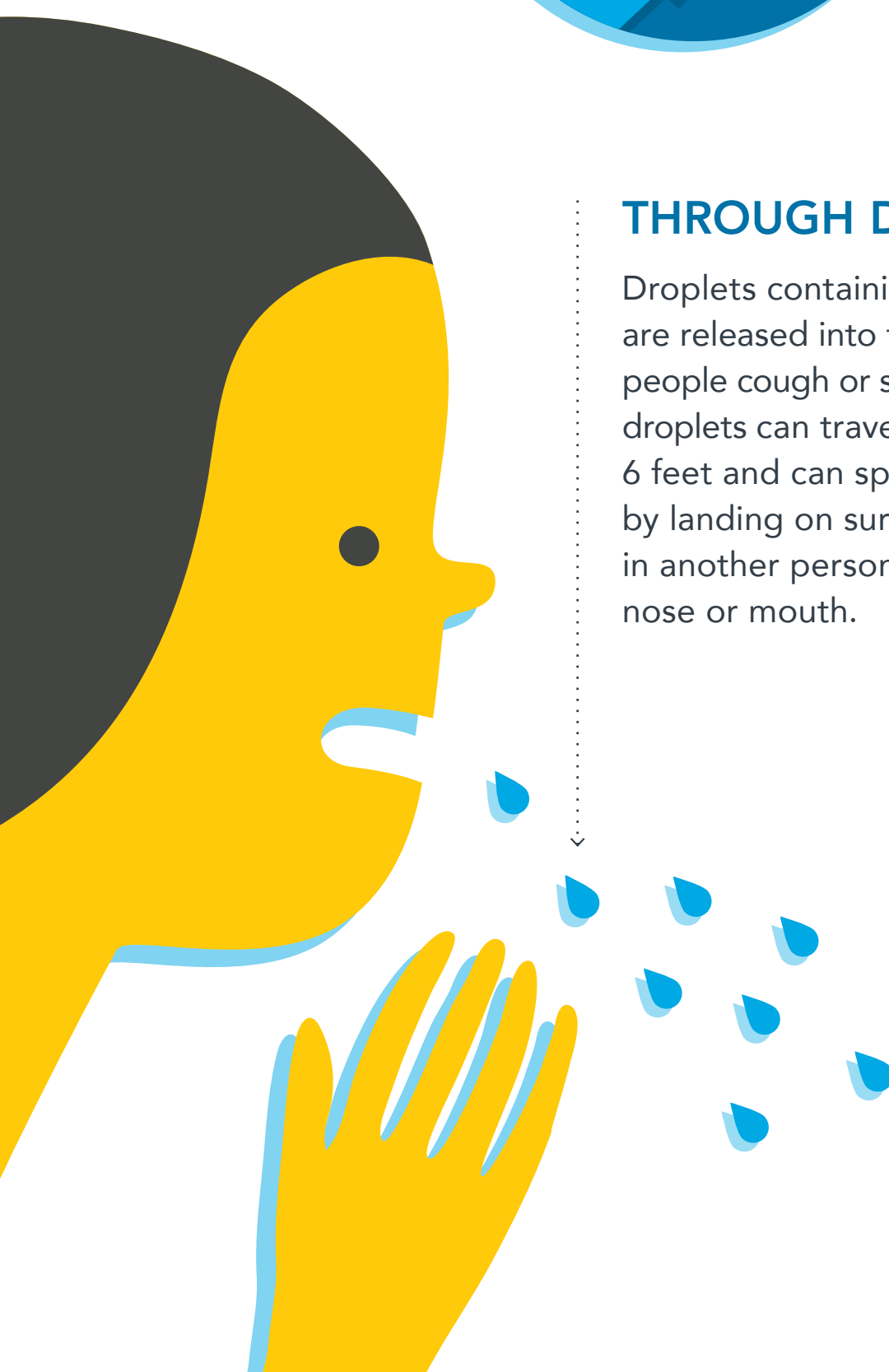
### INDIRECT CONTACT

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.