

How Germs Spread on Surfaces

- **1.** Germ-carrying respiratory droplets land on surfaces when someone breathes, talks, sneezes, or coughs.
- **2.** Sick people can leave germs behind when they touch a surface after they touch their eyes, nose, or mouth or cough into their hand.
- **3.** Germs can live on surfaces for up to a few days. If someone touches a surface with live germs on it and then touches their eyes, nose, or mouth, they can get sick.

Lower your risk of getting sick. Wash your hands and clean high-touch surfaces often!

Go to hhs.iowa.gov/projectfirstline for more ways to stay healthy.





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