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# 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](https://hhs.iowa.gov/projectfirstline) for more ways to stay healthy.**