

# Spreading Bugs

**BEAT THE  
BUGS**

## How do we spread bugs?

- Microbes spread easily through coughs and sneezes, food and water, animals and touch.
- Every day thousands of microbes get onto our hands from the things we touch and we transfer these microbes onto other places or people.
- The best way to stop the spread of harmful microbes to others is by catching your cough and sneezes in a tissue and washing our hands.
- The best way to wash your hands is with soap and warm water.

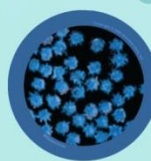


## What is a sneeze?

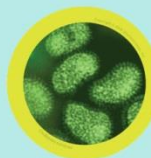
Sneezing is a way in which our body tries to get rid of all the harmful microbes and dust.

The microbes and dust get caught on the nose hair and tickle our nose.

The nose sends a message back to the brain which then sends a message back to your nose, mouth, lungs and chest telling them to blow the irritation away.



Rhinovirus  
(Common Cold)



Orthomyxovirus  
(Flu)

## Why should you wash your hands?

- To remove harmful microbes.
- To stop you catching infections
- To stop you giving infections to others.
- To stop the spread of antibiotic resistant bacteria.



## When should you wash your hands?

- ✓ Before, during and after preparing food.
- ✓ After using the toilet.
- ✓ After touching animals.
- ✓ After coughing, sneezing or blowing your nose.
- ✓ If you are ill or have been around ill people.



## Sneezing FACTS

- A sneeze can travel the length of a double decker bus!
- You cannot sneeze without closing your eyes.
- You produce 2 pints of snot every day and most of this you swallow without thinking.
- Some doctors use the colour of your snot to tell how ill you are.
- Antibiotics will not help a runny nose as colds are caused by viruses and antibiotics cannot kill viruses.



## How should you wash your hands?



Palm to palm



The back of the hands



In between fingers



The back of the fingers



The thumbs



The tips of the fingers