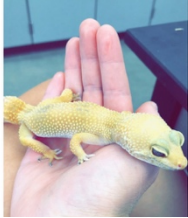


Your Hand is a World of Germs

This is your hand after a long day of NOT washing your hands.

On average, you touch 60,000 types of germs a day.

Let's all do our part in stopping the spread of germs and wash our hands.



Mycobacterium marinum
Symptoms: bumps on or under the skin



Salmonella enterica
Symptoms: fever, diarrhea, stomach cramps



Escherichia coli
Symptoms: vomiting, diarrhea, stomach cramps



Enterococcus faecalis
Symptoms: fever, chills, vomiting

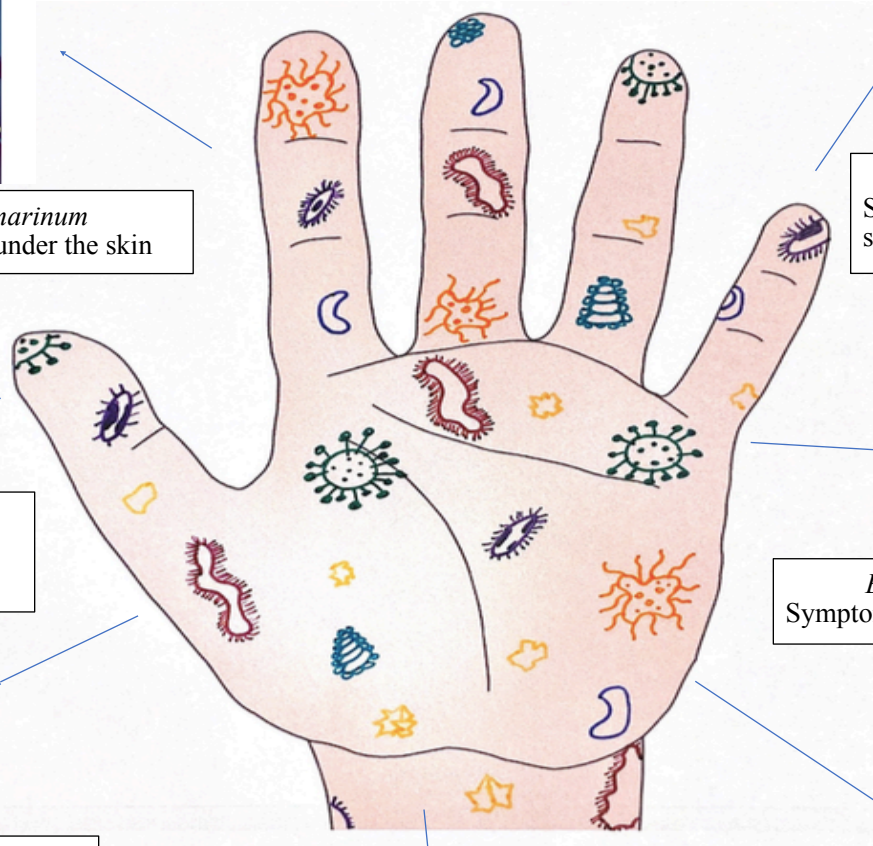


Listeria monocytogenes
Symptoms: fever, chills, muscle aches



Capnocytophaga canimorsus
Symptoms: fever, vomiting

Rhinovirus
Symptoms: cough, runny nose, congestion



These are just a few examples of the microorganisms that could be transmitted by touching any of the above and not washing your hands. Below each microorganism are a few examples of the symptoms they may cause.

<https://publicdomainvectors.org/en/free-clipart/Hand-palm/36174.html>, <https://aem.asm.org/content/83/9/e00186-17>, <https://www.cdc.gov/capnocytophaga/transmission/index.html>, <https://www.foodsafety.gov/food-poisoning/bacteria-and-viruses>, <https://abcnews.go.com/Health/ColdandFluNews/story?id=5727571&page=1#~:text=%22Of%20the%2060%2C000%20types%20of,some%20of%20these%20microscopic%20organisms.>, <https://www.cdc.gov/>, <https://www.publicdomainpictures.net/en/view-image.php?image=15991&picture=woman-with-a-cold-or-allergy>