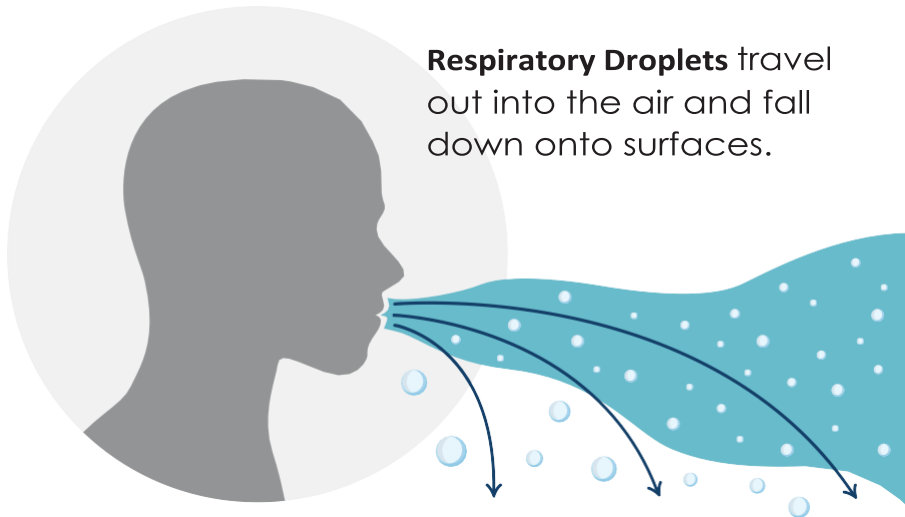


How Germs Spread from Surfaces and People



Respiratory Droplets travel out into the air and fall down onto surfaces.

Respiratory droplets can make their way into eyes, noses, and mouths by:



Breathing them in



Landing on eyes, nose, and mouth



Touching eyes, nose, and mouth with hands that have germs on them

3 things you can do to protect vulnerable residents



Hand hygiene

Always perform hand hygiene before and after resident care, before putting on and after taking off PPE, and after touching contaminated surfaces or objects.



Disinfect shared equipment

Always clean and disinfect shared medical equipment, such as stethoscopes, blood pressure cuffs, and pulse oximeters before and after use.



Be aware of high touch surfaces

These surfaces are frequently touched by hands and can more easily become contaminated with germs. They should be disinfected regularly.