Germs are spread to the hands by sneezing, coughing or rubbing the eyes, and then transferred to other people and surfaces.

Some germs can survive on surfaces such as bench tops, door knobs, taps and toys.

Bodily fluids including blood, faeces, urine, vomit and saliva may contain germs.

Germs can be present on the skin, hair, feathers and scales of animals and in their faeces, urine, saliva and mouths.

You can prevent the spread of disease by performing hand hygiene by:

1. Washing hands with soap and water
2. Using an alcohol-based hand rub

Hand hygiene

Food is an excellent place for germs to grow or be passed from one person to another.