

Germ Facts

- The term “microorganism” refers to any of the microscopic forms of life found in nature.
- Microorganisms are bacteria, viruses, yeasts, molds, fungi, protozoa, algae, and prions.
- There are very few places where some form of microscopic life does not exist.
- We are constantly exposed to microorganisms, both good and bad.
- Most microorganisms we come into contact with during our daily lives are harmless. Some even help keep us healthy.
- Microorganisms can pose real health hazards when they’re in the wrong place.
- Harmful microorganisms are called "germs."
- Germs live all around us — in soil, air, water, food, animals, plants, and people.
- Some exposure to germs can help build up our immune systems, helping us to fight infections and stay healthy.
- Exposure to some germs can cause food poisoning, sickness, and diarrhea.
- The main sources of germs are people, pets, and food.
- Practicing healthy habits can prevent picking up germs and spreading germs at home, school, or work.
- Simple actions, like covering your mouth and nose (when sneezing or coughing) and washing your hands often, can stop germs.
- Stopping the spread of germs will prevent illnesses and reduce sick days.
- Keeping common surfaces such as countertops, doorknobs, and telephones sanitized with disinfectants such as LYSOL® Sanitizing Wipes will help stop germs.