

Information Sheet

Personal Care and Ways in Which Germs are Carried

When you hear someone say that they have germs that are “contagious,” they mean that their germs from an illness or disease may be passed to others. This may possibly make the others ill. For example, you might get cold germs that have been passed from another person. When this is a disease, it is called a, “communicable disease.”

Germs may be spread in several different ways:

- If a person coughs, or sneezes into the air without covering their mouths and nose, the droplets from their mouths and noses may float through the air.
- Droplets containing the germs may land on objects, or an infected person might use an object that is later touched by others. These germs may make their way into the healthy person by mouth.
- Germs may get in food or beverages that are eaten by a healthy person.
- Germs from some diseases may enter a person’s body from an animal bite or insect bite.
- Direct physical contact with a person may cause germs to be passed from one to the other.