

Germs

We are constantly exposed to micro-organisms, both good and bad. Most micro-organisms we come into contact with during our daily lives are harmless. Some even help keep us healthy. But certain micro-organisms—when in the wrong place or too great in numbers—can pose real health hazards. A germ is a micro-organism that can make a living thing sick. When our immune system cannot control the activity of germs, we can “get sick”, contract an infection, and even die.

Some exposure to germs can help build up our immune systems, helping us to fight infections and stay healthy. Exposure to others, however, can cause food poisoning, sickness and diarrhea, so it makes sense to practice the good hygiene and cleanliness that will prevent these problems.

Examples of micro-organisms

Bacteria:	Salmonella bacteria can cause food poisoning.
Viruses:	Rhinoviruses can cause colds. Herpes simplex causes cold sores.
Fungi:	Candida can cause thrush. Trichophyton can cause athlete's foot.
Protozoa:	Giardia can cause diarrhoea. They are parasites.

By understanding when and where there is potential for germs to spread, we can take steps to help avoid infection. To cause disease germs need to get inside the body. Since germs do not jump or walk, they have to be transported by other means:

- Inhalation of small particles, dust and water droplets into the respiratory tract via the nose and mouth. Influenza, measles, and TB are transmitted this way.
- Ingestion of contaminated food and water. Salmonella, cholera, polio and dysentery are transmitted this way.
- Inoculation via injury, injection, bites and wounds to the skin and mucous membranes. Malaria, hepatitis B, MRSA, and tetanus are transmitted this way.
- Sexual contact between partners. Gonorrhoea, herpes simplex type 2 and HIV are transmitted this way.

Many infections spread by indirect contact when germs are transferred from a contaminated item (chopping board, cleaning cloth, door handle, etc.) by our hands to our body. Because our hands touch many surfaces in the course of a day, they are prime vehicles for transferring germs to our nose, mouth and eyes—or to other surfaces where they can find their way into another person. That's why it's so important to wash our hands thoroughly and frequently.

Bottom Line: Focus on removing soil with detergent (Soap) and water. If it's Clean, It's Sanitary® ...Cold water cleaning works best on building surfaces because grease, oil, and fat (binders) float in cold water.

Gabriel Fast-1-2-3 EFP and Walls `N All EFP are High-Performance Cold Water Detergents that are capable of residue-free cleaning.