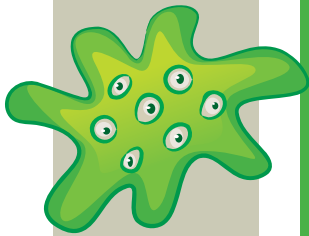


Germ Warfare

Annually, the flu infects up to **20%** of the American population.



Up to **200,000** are hospitalized, and about **36,000** people die.

Scientists believe that **FLU** pandemics occur

2 or **3** times each century.

The last global pandemic was the **Hong Kong flu** (1968-1969) which killed approximately **1** million people.

FLU

viruses can live up to

48

hours on hard, nonporous surfaces such as stainless steel and up to

12

hours on clothes and tissues.

They can remain infectious for about one week at human body temperature,

over **30**

days at freezing temperatures and indefinitely at temperatures below freezing.



If you have the **common cold**

you are most contagious at **days**

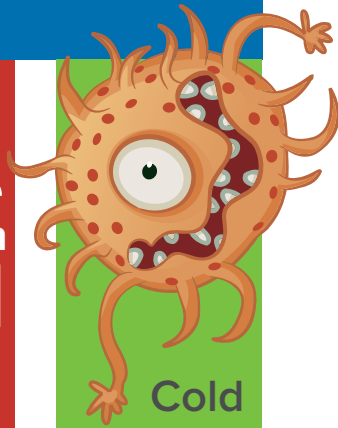
2 to **4** of your cold.

The duration of the **common cold** ranges from

2-14 days

with the average being

7 days



Cold viruses **LOVE** eyes and noses but rarely leap from **MOUTH** to **MOUTH**.

If a peck on the lips improves your mood, it will probably help more than hurt.

Wash your hands — a lot — and use soap, which is more effective than alcohol-based hand sanitizers. The key is to scrub well, for about **15** seconds.

