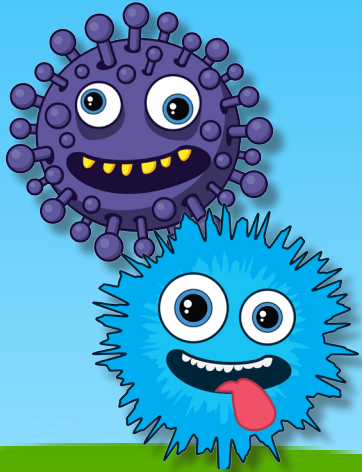


# How do bacteria and viruses (germs) affect us?



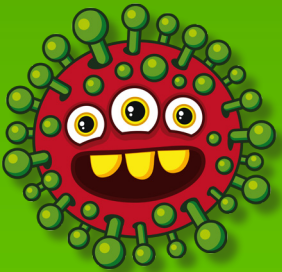
## COMMON COLD and SWINE FLU

These are viruses that are passed from person to person by coughing and sneezing. You can also get these by touching something that an infected person has touched.



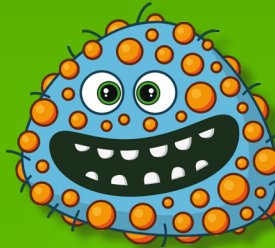
## E-COLI and CAMPYLOBACTER

These are bacteria found in tummies and are passed from person to person on dirty hands after going to the toilet. These bacteria cause sickness and diarrhoea.



## M.R.S.A

This is a bacteria found on the skin and in noses. It causes infections in people who are very young (babies), very old or already poorly.



## NOROVIRUS (Winter Vomiting Virus)

This is a very contagious virus and is passed from person to person on dirty hands after going to the toilet or touching something that an infected person has touched. This virus causes sickness and diarrhoea.

**To stay healthy and stop passing bacteria and viruses (germs) to anyone else, you must wash your hands regularly especially after using the toilet, before and after eating, touching animals, even your family pet, and after playing outside.**