

FYI

## Be Careful - Germs Are Out There

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Germs are a fact of life that affect our health on many occasions and in many locations.

Humans live in a world where many other living things compete for food and places to breed. Some of these living things include pathogenic organisms, or pathogens. In laymen's terms, germs or bacteria.

Some of these organisms help us in our daily routines, such as yeast, which is a common ingredient in bread. On the other hand, some germs can be harmful - even deadly to humans. They are able to invade the body and use its cells and fluids for their own needs. Normally, however, the body's defense system can fight off these invaders.

Germs can enter the body in various ways. Those that cause the common cold, pneumonia, and tuberculosis are breathed into the body. Others such as those which cause venereal diseases enter through sexual contact. Still others that cause cholera and typhoid fever get into the body through contaminated food, water or utensils.

Although there is no sure-fire way to keep germs from invading the body, there are some ways to cut down on the amount of germs entering the body. Bathing regularly, washing hands repeatedly between restroom visits and meals, sterilizing utensils, cooking foods thoroughly and using latex condoms when engaging in sexual activities may all decrease the amount of germs entering the body.

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Credit Cards 165	
Overdraft (CHK) 189	
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