



To us, it's personalSM

How Diseases are Transmitted and What You Can Do about Them

Route:	Example:	Microorganism transmitted:	Prevention/Protection:
Direct Contact	kissing, touch, sex	bacteria, viruses, fungi	gloves, condoms, isolation, protective barriers
Indirect Contact	glasses, silverware, linens, stuffed animals	bacteria, viruses, fungi	disinfection, sterilization, isolation, incineration, washing in hot water, 1:10 bleach solution
Droplet	sneeze, cough	bacteria, viruses	mask, disinfection, 1:10 bleach solution
Airborne	dust	bacteria, viruses, fungi	damp dusting, mask, vacuuming
Vector	ticks, fleas, mosquitoes, roaches, mice, rats	bacteria, viruses	traps, poison, extermination