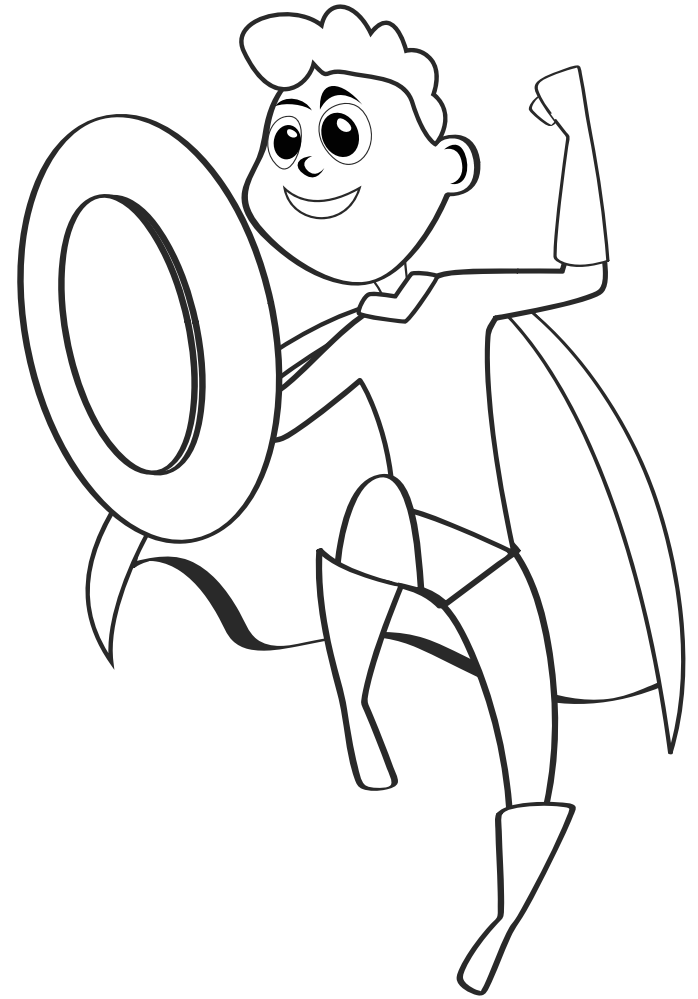
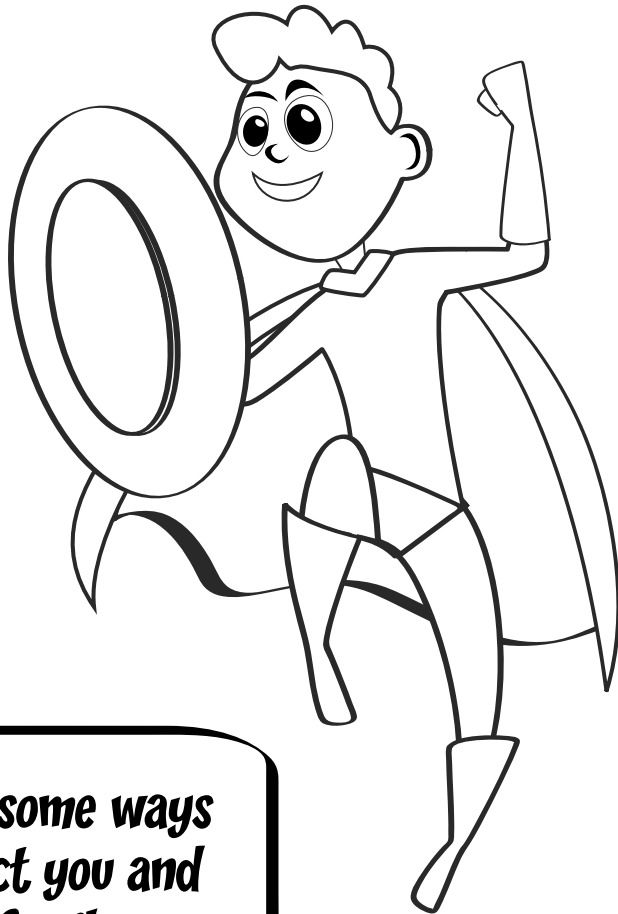


**I CAN BE A  
GERM FIGHTING  
SUPERHERO!**

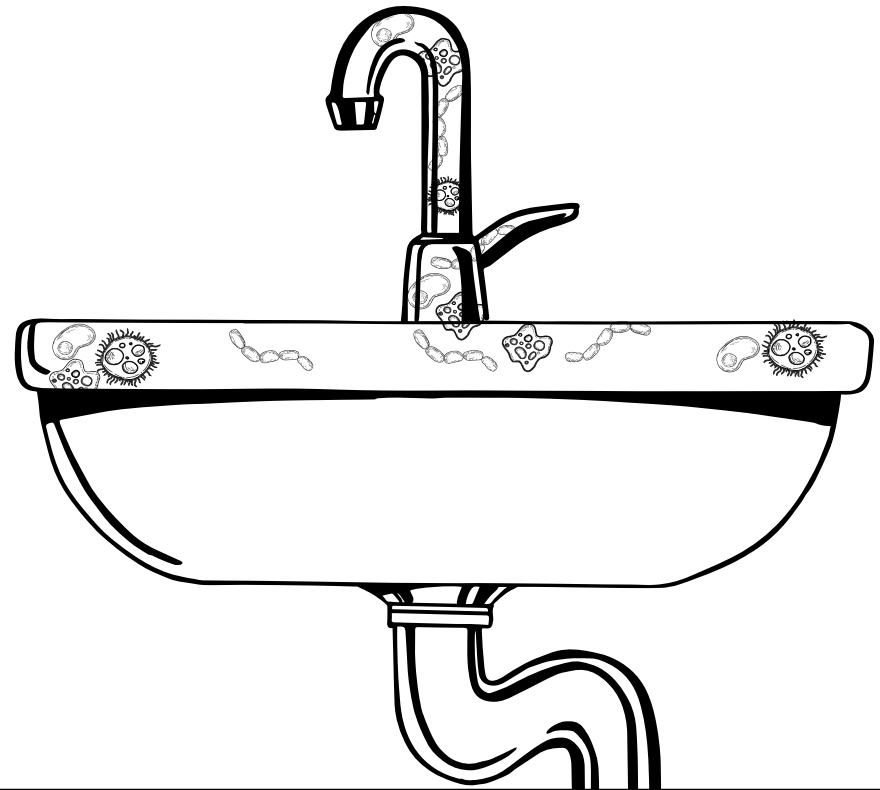


# ***How do I protect my family and myself from germs found on surfaces?***

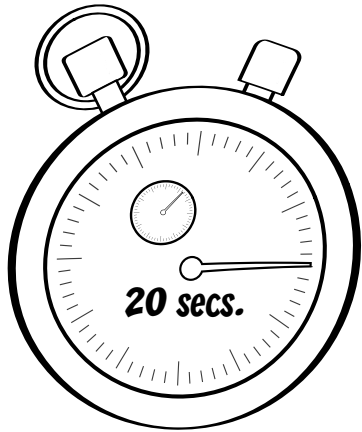


***Here are some ways to protect you and your family.***

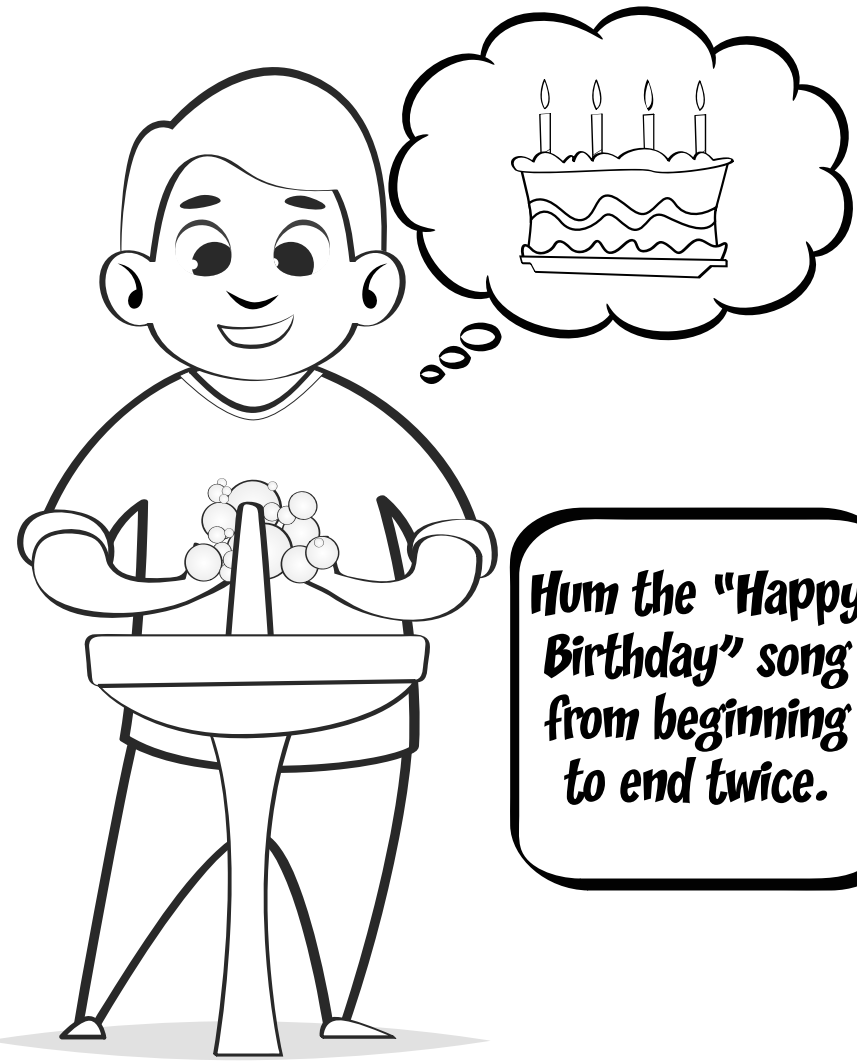
***Did you know germs (bacteria and viruses) can spread from surfaces when you touch them?***



# ***How do I protect my family and myself from germs found on surfaces?***



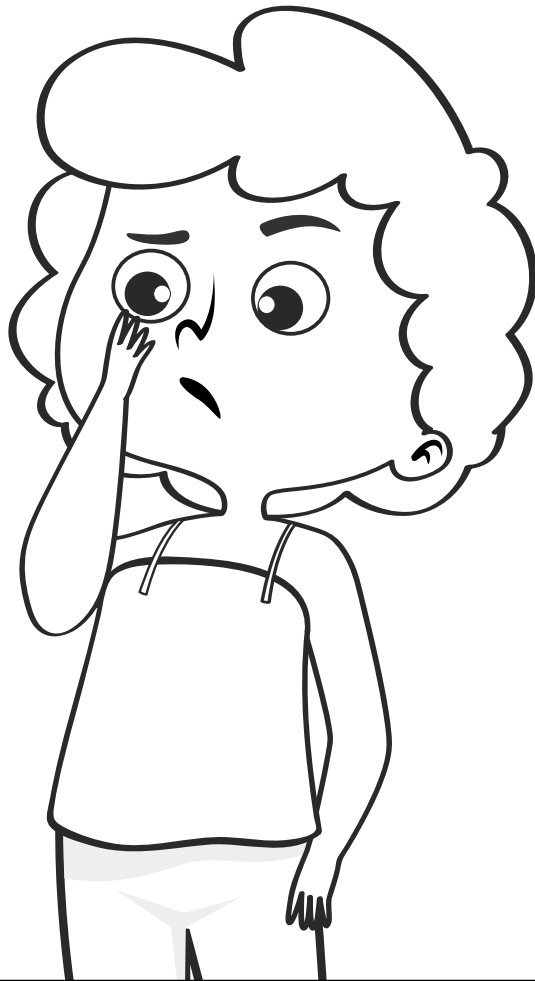
***Wash your hands  
often with  
soap and water  
for at least  
20 seconds.***



***Hum the "Happy  
Birthday" song  
from beginning  
to end twice.***

# ***How do I protect my family and myself from germs found on surfaces?***

***Avoid touching  
your eyes, nose  
and mouth.***



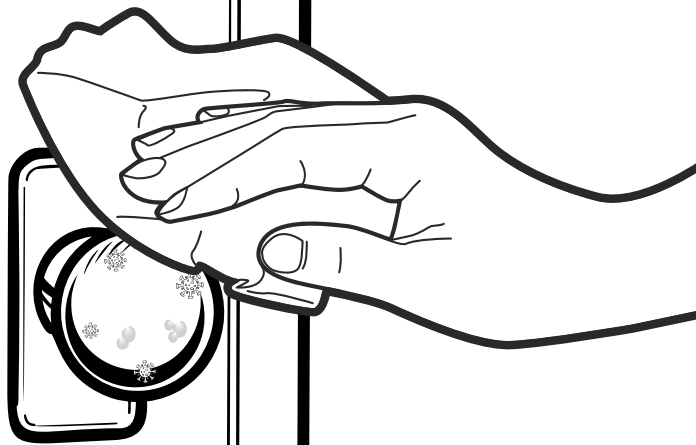
***Stay home if not feeling well.***



# ***What is the best way to remove germs from surfaces?***

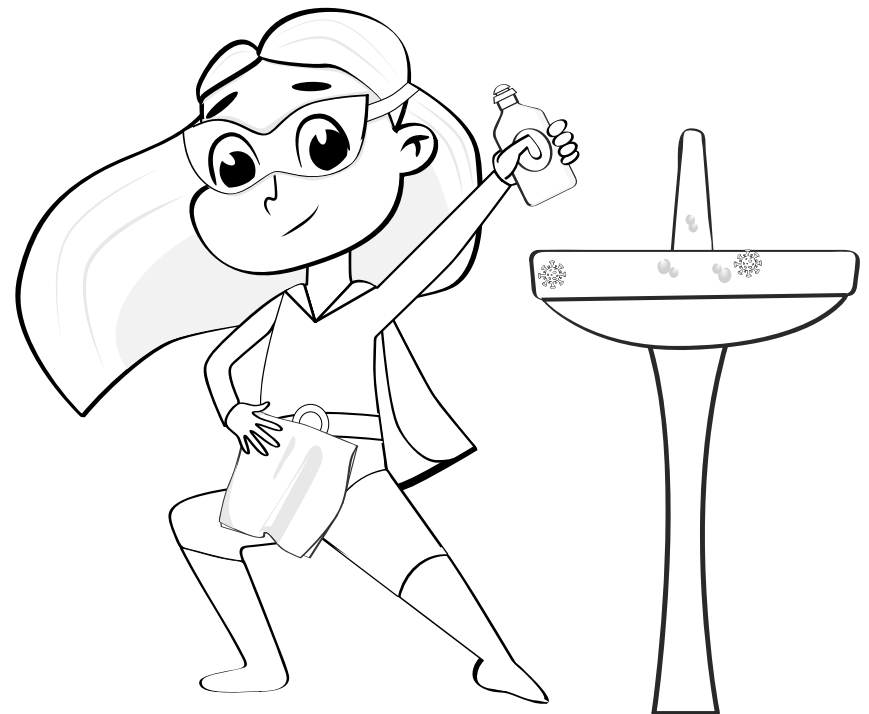


# ***What is the best way to remove germs from surfaces?***

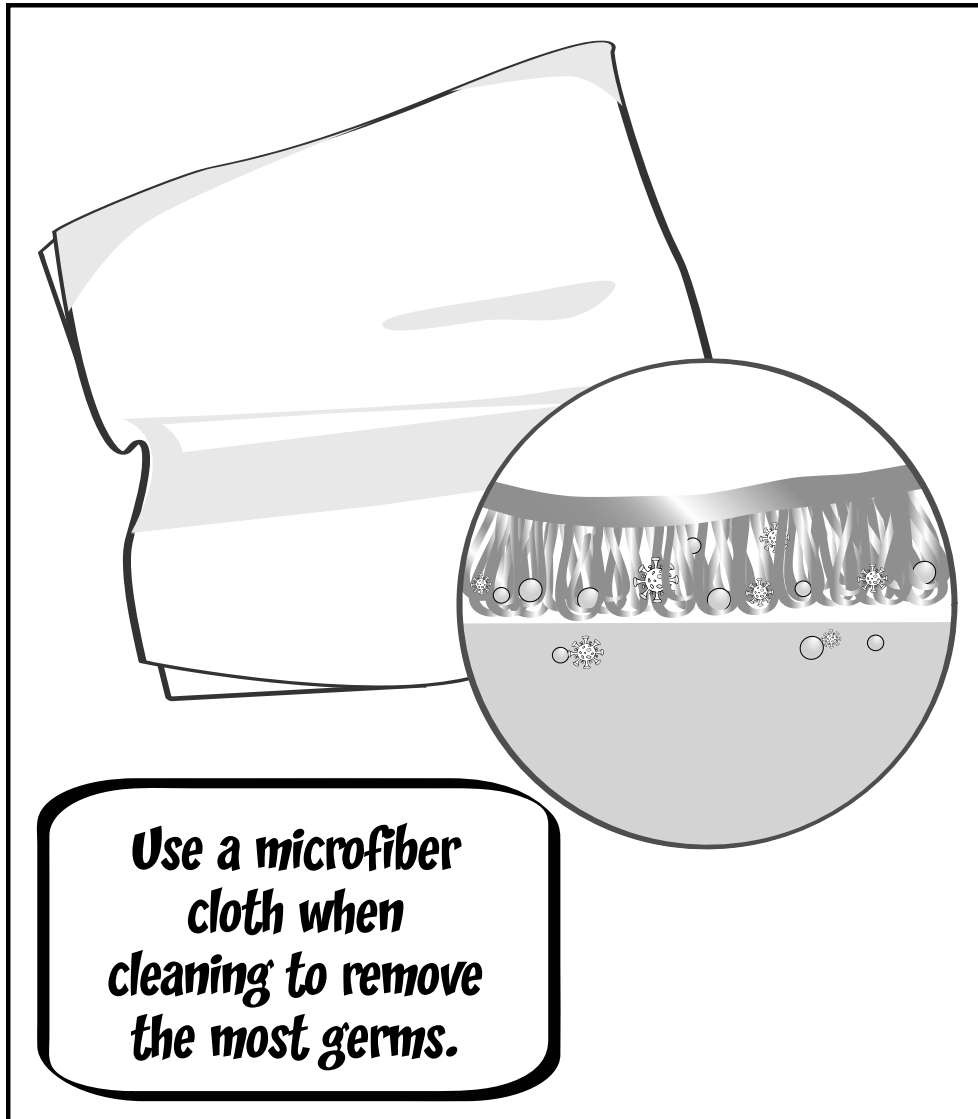


***Clean with soap and water.***

***Clean with soap and water.***

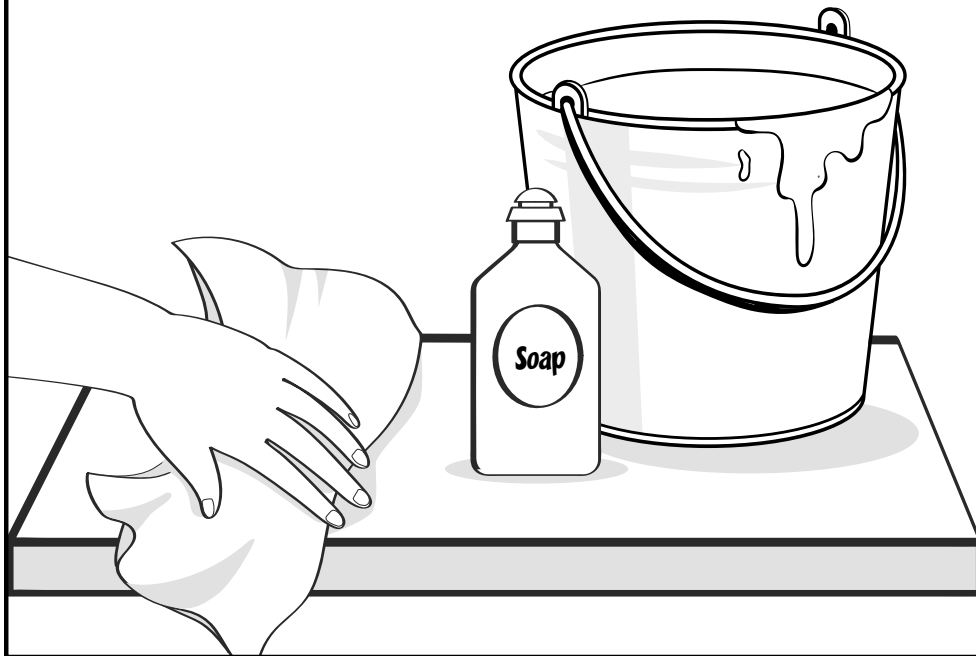


# ***What is the best way to remove germs from surfaces?***



# ***What is the difference between cleaners and disinfectants?***

***Cleaners remove germs and dirt.***





# ***What is the difference between cleaners and disinfectants?***



***Bleach and quaternary ammonium  
are commonly used disinfectants  
that can be dangerous.***

***Disinfectants  
can lead to  
health problems  
if misused.***

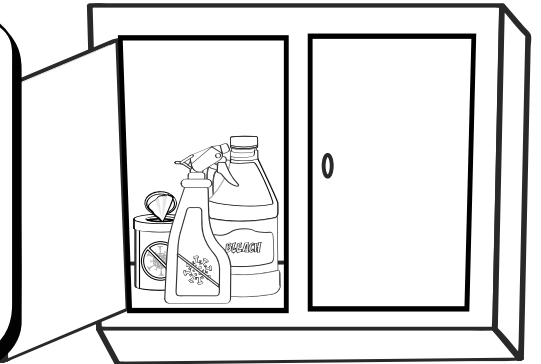


# ***What is the difference between cleaners and disinfectants?***

**Disinfectants can  
affect a person's  
lungs or ability  
to breathe  
normally.**

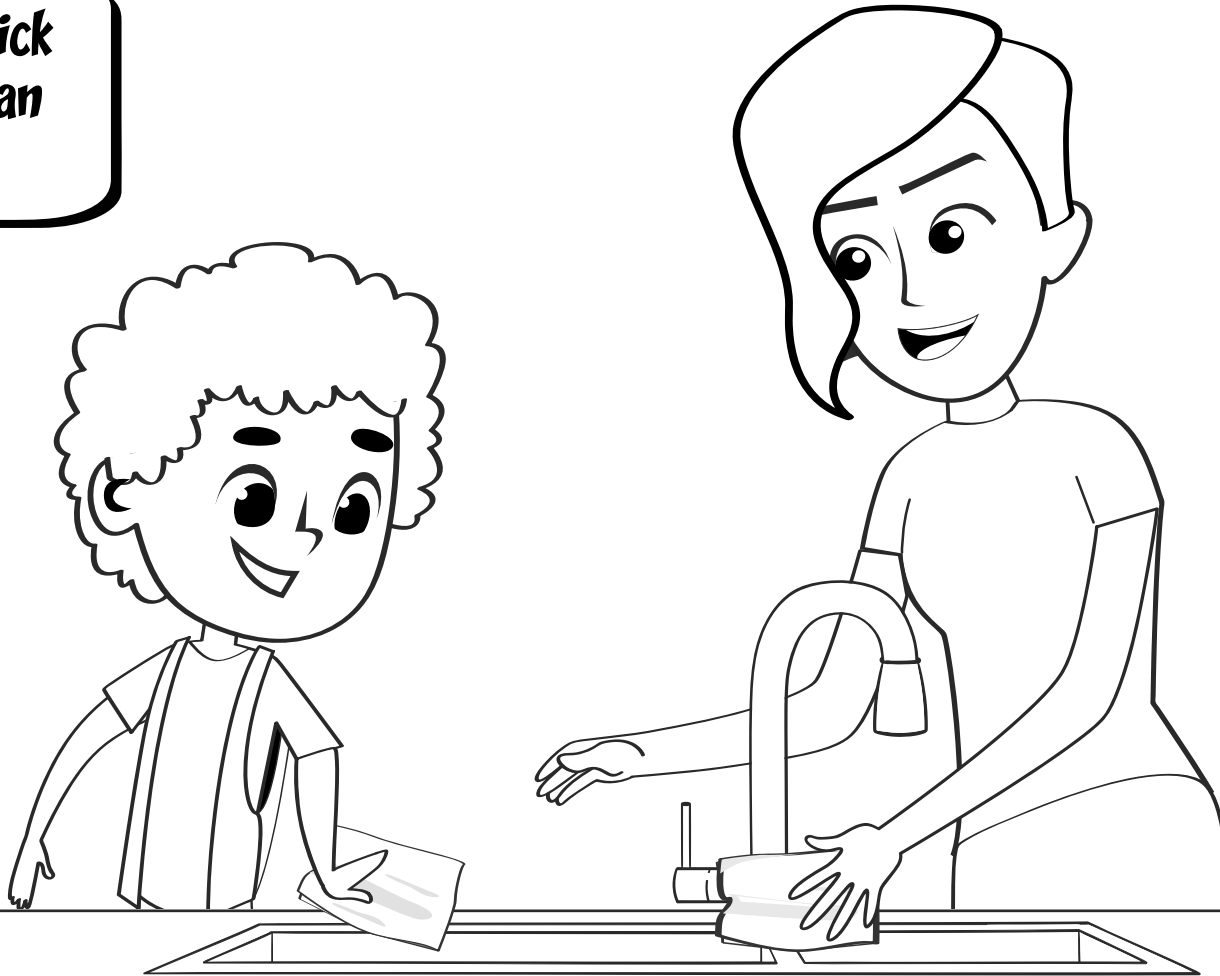


**Keep cleaners  
and disinfectants  
away from  
children.**

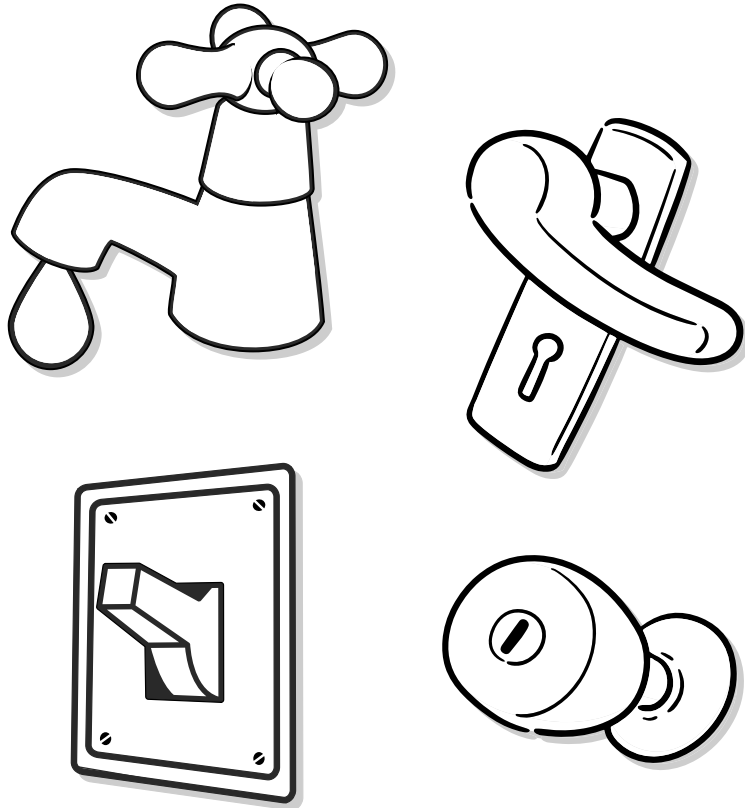


# ***How do I know when to clean or disinfect?***

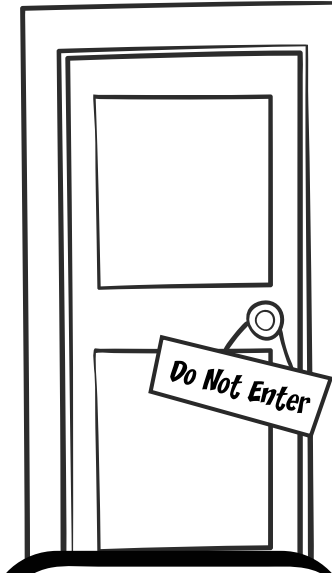
***If no one is sick  
at home, clean  
surfaces.***



# How do I know when to clean or disinfect?



**If no one is sick at home, consider disinfecting high-touch surfaces.**



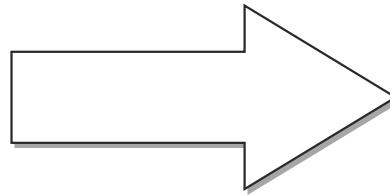
**If someone is sick (or may be sick), clean first, then disinfect shared and high touch surfaces.**



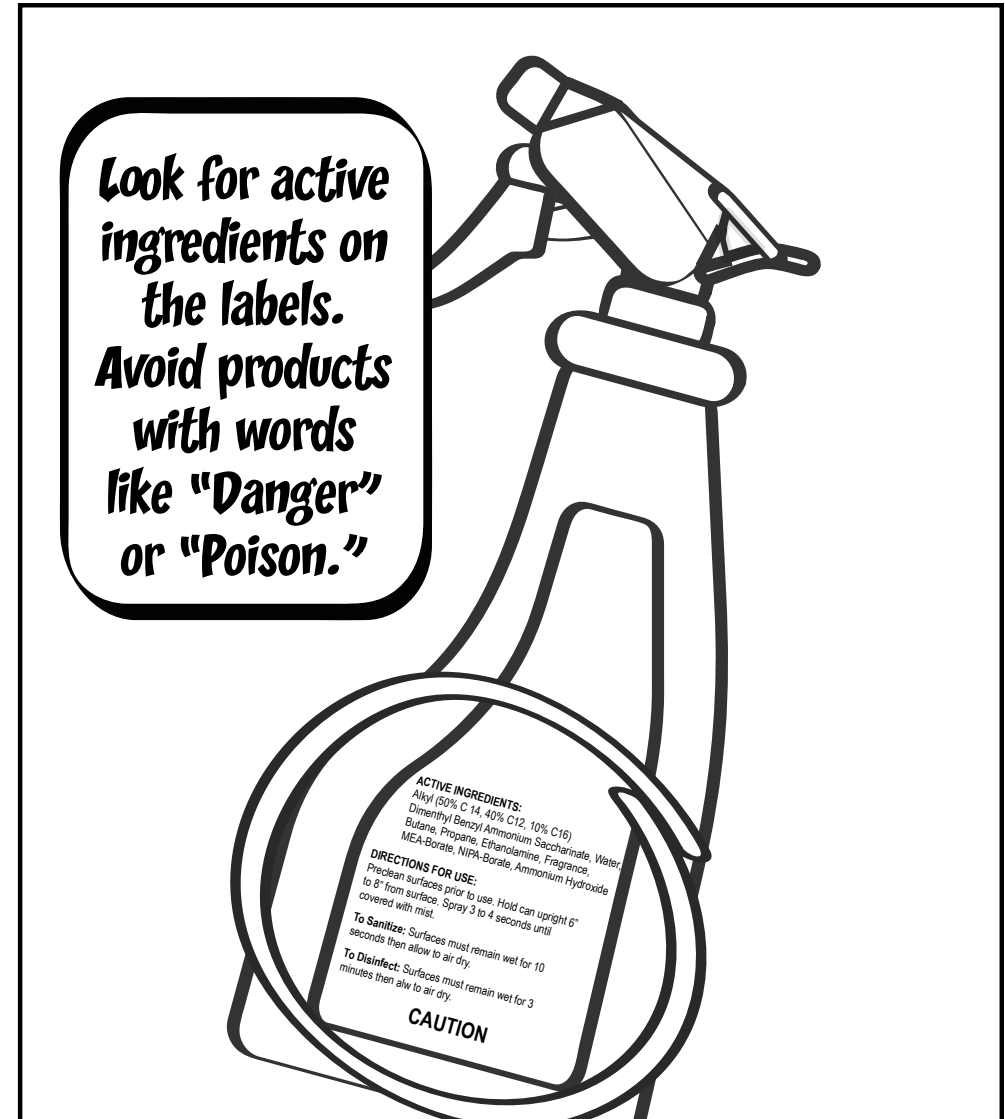
# ***How do I know when to clean or disinfect?***



***Always clean before  
you disinfect so  
the disinfectant  
can do its job.***



# How do I choose safer disinfectants?



# How do I choose safer disinfectants?

**Look for safer active ingredients:  
ethanol, isopropanol, hydrogen  
peroxide, L-lactic acid, citric acid,  
sodium bisulfate, peroxyacetic acid.**

**ACTIVE INGREDIENTS:**  
Hydrogen Peroxide..... 1.4%  
**OTHER INGREDIENTS**..... 98.6%  
**TOTAL**..... 100%

**DIRECTIONS FOR USE:**  
Preclean surfaces prior to use. Hold can upright 6"  
to 8" from surface. Spray 3 to 4 seconds until  
covered with mist.

**To Sanitize:** Surfaces must remain wet for 10  
seconds then allow to air dry.

**To Disinfect:** Surfaces must remain wet for 3  
minutes then allow to air dry.

**You can check ingredients for "Design for  
the Environment," disinfectants at the  
EPA website: [www.epa.gov/pesticide-labels/  
dfe-certified-disinfectants](http://www.epa.gov/pesticide-labels/dfe-certified-disinfectants).**



# How do I choose safer disinfectants?

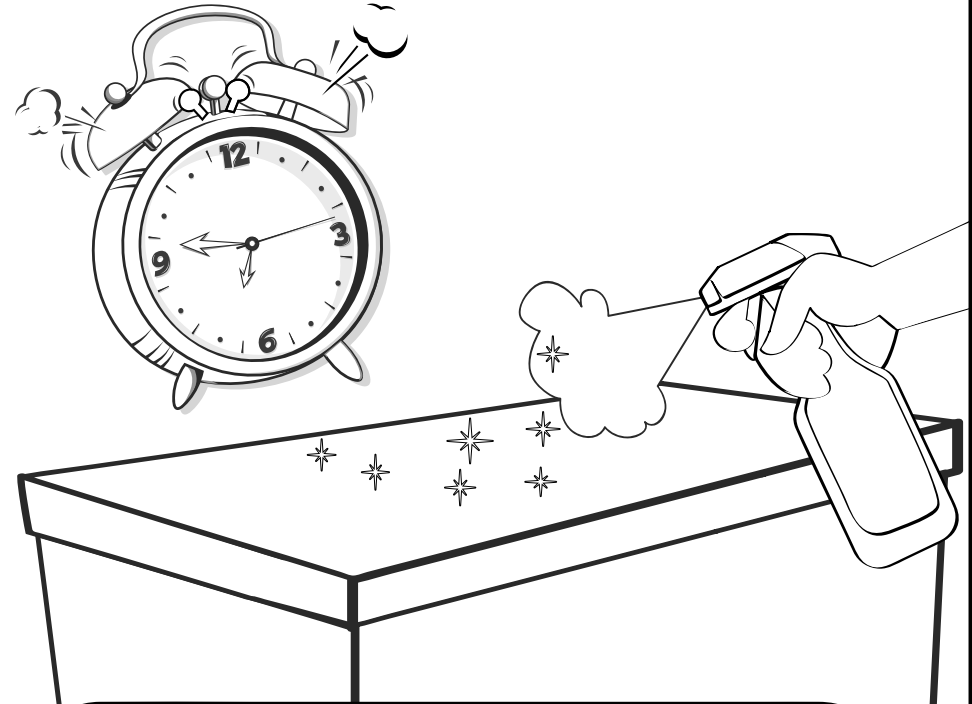
**For all disinfectants,  
follow the directions  
on the label.**

**SUITABLE FOR** use on all hard surfaces where bacteria or unpleasant odors are a concern including Appliances, Highchairs, Garbage Cans, Countertops, Changing Tables.

**DIRECTIONS FOR USE**

**TO CLEAN:** wet the surface with this spray & wipe clean. For stubborn stains, let stand a few more minutes. Allow to penetrate, then wipe clean.

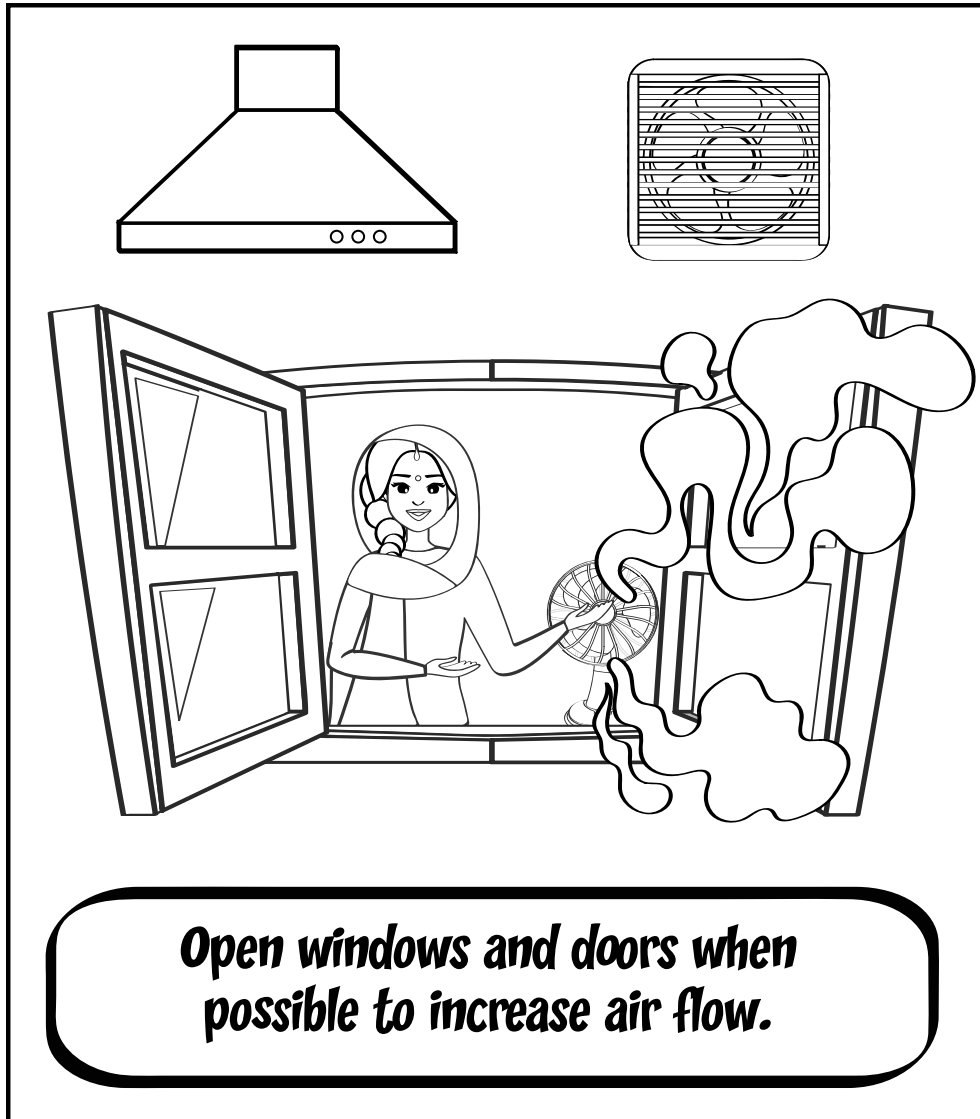
**TO DISINFECT & DEODORIZE:** 1. Wet the surface with the spray (spot test to check surface compatibility) 2. Leave for 10 minutes. Allow to air-dry. No rinsing or wiping required.



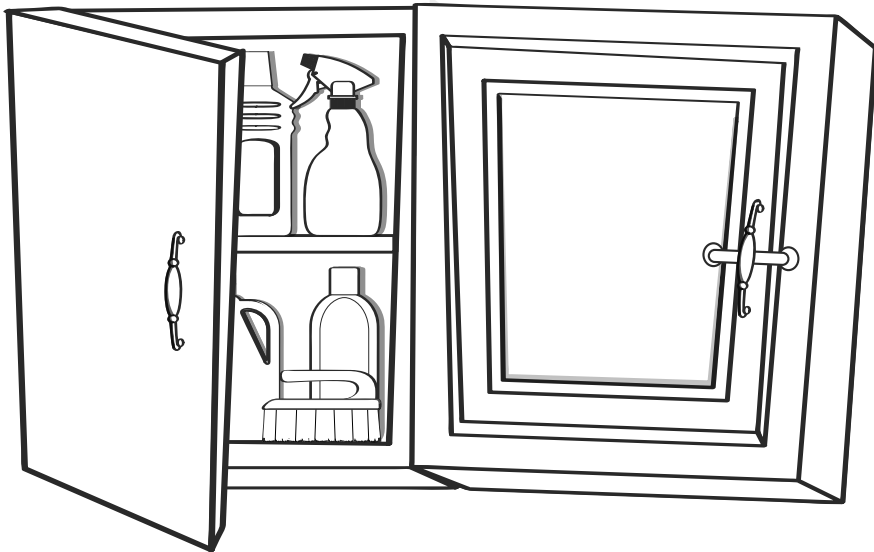
**Apply to surface and leave glistening wet for the time listed on the product label – also known as “wet time,” “dwell time,” or “contact time.”**



# ***How can I use disinfectants safely?***



# ***How can I use disinfectants safely?***



***Store cleaners, disinfectants,  
and cleaning tools out  
of reach of children.***

***Use gloves and  
glasses or  
goggles for  
eye protection  
when using  
disinfectants.***



## ***How can I use disinfectants safely?***

***Put the nationwide poison control center  
phone number, 1-800-222-1222, on or  
near every telephone in  
your home and program it into  
your cell phone.***





### **Acknowledgement**

This coloring book was developed by the New England Pediatric Environmental Health Specialty Unit and the Northwest Pediatric Environmental Health Specialty Unit with assistance from the National Program Office of the Pediatric Environmental Health Specialty Units (PEHSU). A special thank you to the AAP graphic design specialists.

### **PEHSU Background**

The PEHSUs are a national network of experts in the prevention, diagnosis, management, and treatment of health issues that arise from environmental exposures from preconception through adolescence. PEHSUs work with health care professionals, parents, schools, community groups, as well as federal, state, and local agencies to address reproductive and children's environmental health issues where families live, learn, play, and congregate. To address gaps in clinical education on these complex issues, PEHSU services include education, consultation, outreach, and referral for both health professionals and communities. These services are essential to reduce risk of environmental exposures to children and families and mitigate potential health effects before they happen.

The American Academy of Pediatrics (AAP) serves as the PEHSU National Program Office (NPO). As the NPO, the AAP coordinates and supports each of the regional PEHSUs. The NPO works closely with the PEHSUs to effectively address the complex, multifaceted environmental health challenges facing children and families. For more information on PEHSUs, how to contact your region's PEHSU, and available resources, please visit: <https://www.pehsu.net/> or contact us via e-mail at [pehsu@aap.org](mailto:pehsu@aap.org).

### **Disclaimer**

This coloring book was supported by the American Academy of Pediatrics (AAP) and funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR). The U.S. Environmental Protection Agency (EPA) supports the PEHSUs by providing partial funding to CDC/ATSDR through an Inter-Agency Agreement. The findings and conclusions presented have not been formally disseminated by CDC/ATSDR or EPA and should not be construed to represent any agency determination or policy. Use of trade names that may be mentioned is for identification only and does not imply endorsement by the CDC/ATSDR or EPA.