I CAN BE A GERM FIGHTING SUPERHERO!

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

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

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

Clean surfaces in your home regularly.

Use soap or detergent and water. Scrub vigorously.
What is the best way to remove germs from surfaces?

Clean with soap and water.
What is the best way to remove germs from surfaces?

Use a microfiber cloth when cleaning to remove the most germs.

Microfiber cloths can be reused. Wash in the washing machine separately or in the sink after each use.
What is the difference between cleaners and disinfectants?

Cleaners remove germs and dirt.

Disinfectants kill most germs.
**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?

Look for safer options when choosing disinfectants. Just because it’s safer, doesn’t mean it is safe.

Disinfectants

Look for active ingredients on the labels. Avoid products with words like “Danger” or “Poison.”

ACTIVE INGREDIENTS:
Alkyl (50% C 14, 40% C12, 10% C16)
Dimenthyl Benzyl Ammonium Saccharinate, Water, Butane, Propane, Ethanolamine, Fragrance, MEA-Borate, NIPA-Borate, Ammonium Borate

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.

CAUTION

Look for active ingredients on the labels. Avoid products with words like “Danger” or “Poison.”
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.
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, High chairs, 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?

Open windows and doors when possible to increase air flow.

Avoid using these products when children are near.
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

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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.

Disclaimer

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