



**Do you know what a germ is? Most of us relate germs to being something bad that can cause diseases like the flu or a cold. But do you really know what kind of germs are out there on almost everything? Did you know that most bacteria germs are good for you?**

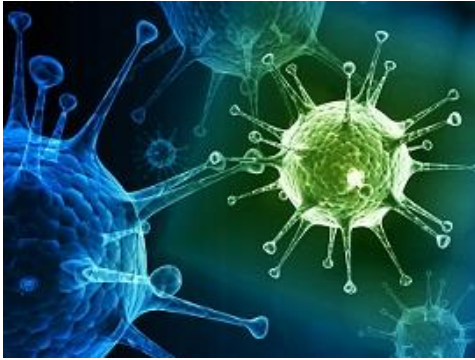
**The term "germs" refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease. Washing hands well and often is the most important thing you and your family can do to prevent germs from leading to infections and sickness.**

### **Types of Germs**



**Bacteria comes in many different shapes and colors**

**Bacteria** are tiny, single-celled organisms that get nutrients from their environments. In some cases, that environment is you or your child or your pet. Some bacteria are good for our bodies — they help keep the digestive system in working order and keep harmful bacteria from moving in. Some bacteria are used to produce medicines and vaccines. But bacteria can cause trouble, too, as with cavities, urinary tract infections, ear infections, or strep throat. Antibiotics are used to treat bacterial infections.



**Virus germs under a  
Microscope**

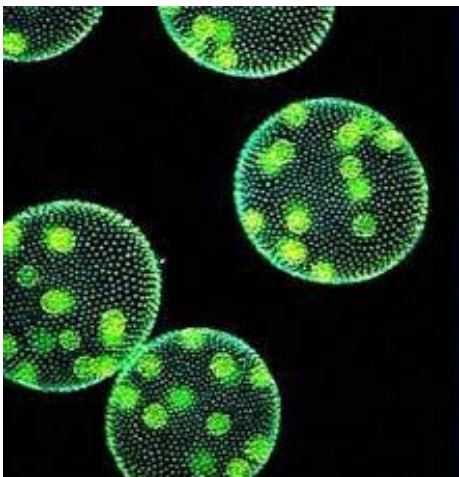
**Viruses** can't survive, grow, and reproduce unless they are in a person or an animal. Viruses can only live for a very short time outside other living cells. For example, viruses in infected body fluids left on surfaces like a countertop or toilet seat can live there for a short time (less than 15 minutes), but will die unless a live host comes along and makes contact. Once they've moved into someone's body, though, viruses spread easily and can make a person sick. Viruses are responsible for some minor sicknesses like colds, common illnesses like the flu, and serious diseases like smallpox or HIV/AIDS.

**Antibiotics** are not effective against viruses. Antiviral agents have been developed against a small, select group of viruses.



**Fungi multi-celled Germs**

**Fungi** are multi-celled, plant-like organisms. They get nutrition from plants, food, and animals in damp, warm environments. Many, such as athlete's foot and yeast infections, are not dangerous in a healthy person. People who have weakened immune systems (from diseases like HIV or cancer), though, may develop more serious fungal infections.



**Protozoa Germs**

**Protozoa** germs are, like bacteria, one-celled organisms that can sometimes move on their own. Protozoa love moisture, so intestinal infections and other diseases they cause are often spread through contaminated water. Some are also encapsulated in cysts, which help them live outside the human body and in harsh environments for long periods of time.



**Worst places for germs - Where they are hiding and waiting for you to touch them**  
As you will soon realize, germs are virtually everywhere. But with this said, some places are much worse than others. Let's examine some of these places where germs like to hide out.



**Public Restrooms**  
Germs are everywhere

**Public restrooms** are the very worst place for germs. Yes, there are plenty of germs lying in wait in public restrooms, including both familiar and unfamiliar suspects like streptococcus, staphylococcus, E. coli and shigella bacteria, hepatitis A virus, the common cold virus, and various sexually transmitted organisms. It can be even worse if there is a homeless encampment nearby.

The main risk of infection comes not from sitting on the toilet, but from touching the seat, stall door or sink with your hands and then touching your eyes, nose, or mouth -- the usual points of entry for common germs. If you have to use a public restroom, make sure you wash your hands good and use a paper towel or a wipe to keep from touching toilet, faucet handles, door knobs, etc.

### **Doctor's Office and Hospitals**

How many times have you been to the doctor and found one or two sick people sitting in the waiting room? You know that they are sick because they are coughing, sneezing, and blowing their nose. Yes, it is a known fact that there are a lot of sick people at doctor's offices and in hospitals. You are in danger of getting germs into your body from the air you breathe. Take my advice and stay away from these places, if at all possible.



### **Vacations and Business Travel**



Traveling can make you sick! **Airplanes** are home to a variety of germs. When you have so many people in close quarters for hours at a time, germs thrive. Upper respiratory viruses and intestinal bacteria can spread easily during a flight. In addition to the obvious risk of a neighbor with a bad cough, the surfaces throughout the cabin and particularly in the lavatory can and do harbor germs.

In airplanes, germs are in the circulated air, on tray tables, and all over in the bathrooms. Did you know that aisle seats have more germs than the middle or window seats? It's true.



Then when you arrive at your destination, you will probably be staying in a **hotel or motel** which are famous for harboring germs and bed bugs. You may have heard that the bedspreads in hotels are never washed, but don't worry because these are not likely to spread germs. Bigger concerns are bathrooms that have not been properly cleaned, contaminated surfaces such as doorknobs, TV remotes or phones, and the bed bugs living in the mattress. Bed bugs are not disease carriers, but the bites can cause allergic reactions, itching, and pain.

Eventually, you are going to get hungry and will go to a **restaurant** to get something to eat. You can't control what's going on in the back where the cooks are preparing your food but don't worry, you have plenty of germs at your table to content with. Hundreds of people have handled the menu, salt and pepper shakers, and the catsup bottle. Best you bring lots of wipes and clean things before touching them. And hope the cook washed his hands before preparing your meal.



After a busy day out seeing the sights or attending business meetings, you can't wait to get back to the hotel to take a refreshing dip in the **swimming pool**. Harmful germs such as Giardia, E. coli and cryptosporidium (crypto) parasites can spread in swimming pools that have insufficient chlorine and too-low pH levels. Symptoms of all three illnesses include diarrhea, weight loss, nausea, vomiting, dehydration, and stomach cramps.

Most adults accidentally swallow some pool water while they're swimming. Most kids swallow a lot of water. That is the primary way germs get into your body at the pool. Let's hope you picked a hotel that maintains their pool correctly.

**Quiz time.** What has the most germs on it – your **cell phone** or your **toilet**?

Most cellphones carry 18 times more bacteria than most home toilet seats. You're better off pressing a toilet seat to your face than a cell phone. Actually, your **computer mouse, keyboard, and screen** all have more germs than your toilet. The **shopping cart handle** at the supermarket and the **gas nozzle** at the service station also have more germs than your toilet.



VS



We have always been told by our mothers and fathers to wash our hands after using the bathroom. We tell our kids the same thing. That is good but from now on, we better tell our kids to wash their hands after touching almost anything.

### **Kitchen and Bathroom Countertops**

Have you heard of the “5-Second Rule”? In your home or in restaurant kitchens, you'll occasionally hear someone call out "5-Second Rule!" It means if food hits the floor and you snatch it up in less than five seconds, it's safe to eat." This is generally true. A little dirt will not hurt you but germs can kill you.



The point here is if you drop food and it lands on the kitchen counter, the “5-Second Rule” does not apply. In this case, pick up the food item and dump it because your countertop is most likely covered with germs. Yes, the floor has more dirt but fewer germs. We need to clean kitchen and bathroom countertops daily.



## Gyms and Physical Fitness Centers



Now days a lot of people are trying to live a healthy lifestyle. They are eating **fresh fruits and raw vegetables** and going to the gym. Why is it that these so-called health nuts are getting sick more frequently than people like me who walk the dogs for exercise and only eat cooked vegetables? Could it be all those germs at the gym and physical fitness centers? Sweat and dampness at these places are great for breeding germs.

**NEWS FLASH!!** Spinach, tomatoes, bean sprouts, cantaloupe and lettuce are some of the produce implicated in several E. coli and salmonella outbreaks in the United States. The Mayo Clinic states that other common bacteria on raw vegetables that can make you sick include Shigella, Giardia lamblia, Listeria, Rotavirus and Noroviruses. I've never heard of these bacteria but take my word on this – they are all bad.



## Money



Unless you get your money directly from the Mint, it is filthy. Recent studies show that 80% of all U.S. bills are contaminated by cocaine. Drug traffickers often use coke-sullied hands to move cash, and many users roll bills into sniffing straws; the brushes and rollers in ATMs may distribute the cocaine through the rest of the money supply. The study also found fecal matter and pathogens organisms — including staphylococcus — on 94% of all dollar bills tested. Staphylococcus bacteria causes staph infections. Fecal matter stinks!



Both your paper money and coins carry more germs than your household toilet. Paper money is the worst and provides a hospitable environment for many gross microbes. Viruses and bacteria can live on most surfaces for about 48 hours, but paper money can transport a live flu virus for up to 17 days. It's almost enough to make you switch to credit cards.

## How Germs Enter Your Body

There's nothing that will send shudders through a crowded room or an elevator quicker than an explosive coughing or sneezing fit. People will glare at the disease-carrying person and turn their face in a bid to avoid inhaling their germ droplets.

But it turns out that inhaling germs from the air is only one mode of virus transmission. Germs can get into the body through the mouth, nose, breaks in the skin, eyes and genitals (privates).



### Your eyes

It might sound strange but you can actually catch a cold through your eyes. If you pick up the germs on your hands then rub your eyes, the mucous membranes can catch the virus.

### Your nose

An itchy nose is almost impossible to resist scratching but you really ought to wash your hands before doing so. Touching the inside of your nose is another way to inoculate yourself with a virus. There is good evidence that putting up barriers, like washing your hands a lot or wearing a mask will reduce the chance of catching viruses. Our nasal secretions contain much more virus than saliva or throat secretions so dispose of your tissues and hankies carefully to avoid making everyone around you sick.

### Your mouth

Your hands are the worst culprits when it comes to carrying germs about. Then if you've touched something that's contaminated with bacteria or a virus, then eaten some food with your hands, you can deposit the germs directly into your system. That can be anything from a cold virus to diarrhea-causing bacteria.

### Breaks in the skin

Yes, viruses and bacteria can enter through breaks in the skin. This is how many people end up getting abscesses and cellulitis (bacterial infections) and certain blood-borne viruses like HIV, Hepatitis, and yes, even Ebola. Now, even though a virus or bacteria can enter through the skin, you don't necessarily get sick from it. Common cold and flu viruses are not typically transmitted through the blood. Most cough / cold viruses only cause illness when they enter the respiratory tract. Thus, most of them are spread through the air when people cough or sneeze.

## **Your genitals (privates)**

**Sexually transmitted infections, or STIs, are either bacterial or viral infections that can be contracted through any sexual activity: oral, anal and vaginal intercourse.**

- ❖ **Bacterial infections are treatable and curable.**
- ❖ **Viral infections are treatable, but not curable.**

**STIs have become common for people who are sexually active. In fact, two-thirds of STIs occur in those under the age of 25. Research findings state that only one-third of infected people talk about their sexual health issues with their partner(s), however, many people don't even know they are infected.**



**Here is a list of bad diseases or conditions sexually active people can get:**

- ❖ **Bacterial Vaginosis (bacterial)**
- ❖ **Chlamydia (bacterial)**
- ❖ **Crabs or Pubic Lice (bacterial)**
- ❖ **Gonorrhea (bacterial)**
- ❖ **Hepatitis B (viral)**
- ❖ **Herpes (viral)**
- ❖ **HIV/AIDS (viral)**
- ❖ **Human Papillomavirus (viral)**
- ❖ **Scabies (bacterial)**
- ❖ **Syphilis (bacterial)**
- ❖ **Trichomoniasis (bacterial)**
- ❖ **Urinary Tract Infection (bacterial)**

**Postponing sex is the only 100% way of preventing the spread of STIs. Both partners should be tested prior to engaging in sexual activity. Condoms and other barrier**



methods should, then, be used for vaginal, anal and oral sex, whether the person is diagnosed with an infection or not, to ensure safety from an undetectable infection, although protection is not 100% guaranteed.

### **Does kissing spread harmful germs?**

During any exchange of bodily fluids there is a risk of transmitting infectious germs. However, the body has defense systems in place to prevent infection. When we kiss, our tongues are covered with little bumps called papillae that feature 9,000 to 10,000 taste buds designed expressly to react with foreign substances. Luckily, they are also covered with saliva.



Saliva contains powerful antibacterial chemicals that kill most bacteria before the germs from a kiss are passed on. Some dentists say that extra saliva helps prevent tooth decay. Scientists even agree that a little smooching does stimulate the flow of saliva that eliminates acid coating on teeth.

**Kissing is a lot safer than shaking hands!**



### **What germs do in the body**

Once organisms like bacteria, viruses, fungi, and protozoa invade a body, they get ready to stay for a while. These germs draw all their energy from the host. They may damage or destroy healthy cells. As they use up your nutrients and energy, they may produce proteins known as toxins. Some toxins cause the annoying symptoms of common colds or flu-like infections, such as sniffles, sneezing, coughing, and diarrhea. But other toxins can cause high fever, increased heart rate, low blood pressure, a generalized inflammatory response in the body, and even life-threatening illnesses.

If a person isn't feeling well, the doctor may take blood tests, throat cultures, or urine samples to find out which germs (if any) are responsible.

## **Protection from germs**

Most germs are spread through the air in sneezes or coughs or through body fluids like sweat, saliva, semen, vaginal fluid, or blood. So, limiting contact with those substances, as far as possible, is our best protection against germs.

### **Hand washing**



Hand washing is absolutely the best way to stop germs from causing sickness. It's especially important after coughing or nose blowing, after using the bathroom, before preparing or eating food, after touching pets or animals, after gardening, and before and after visiting a sick relative or friend.

There's a right way to wash hands, too. Use warm water and plenty of soap, then rub your hands together vigorously for at least 15 seconds (away from the water). Rinse your hands and finish by drying them well on a clean towel.

When working in the kitchen, wash your hands before you eat or prepare food, and make sure that kids do the same. Use proper food-handling techniques, such as separate cutting boards, utensils, and towels for preparing uncooked meat and poultry; and warm, soapy water for cleaning utensils and countertops.

Cleaning household surfaces well is also important. Wipe down frequently handled objects around the house, such as toys, doorknobs, light switches, sink fixtures, and flushing handles on the toilets. Soap and water are perfectly fine for cleaning. If you want something stronger, you can try an antibacterial cleanser or a diluted solution that contains bleach. These things may not kill all the germs that can lead to sickness, but they will reduce the amounts of bacteria.

## **Vaccines**

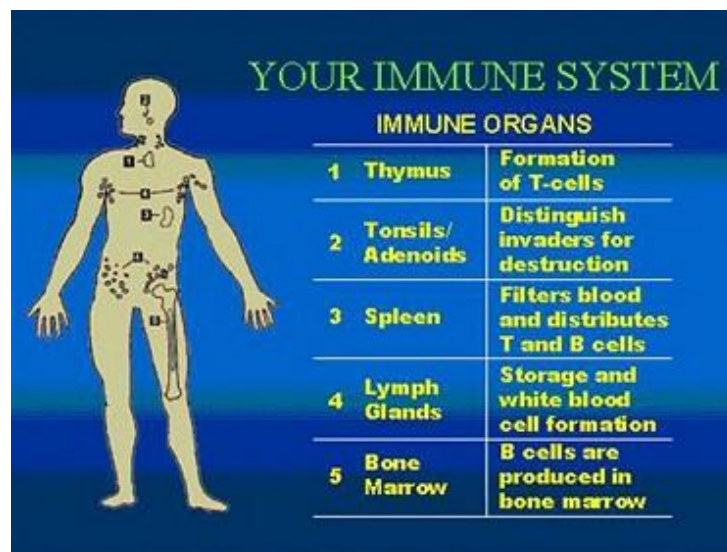
Another way to fight infections from germs is to make sure your family has the right immunizations, especially if you'll be traveling to countries outside the United States. Be sure to check with your doctor before travel and make sure you have taken the necessary precautions because different infections are prominent in different countries and often have seasonal variation.



Doctors recommend a yearly flu vaccine for everyone, especially people who have weakened immune systems or other chronic medical problems. Also, all teens should be vaccinated against hepatitis B. This disease is often transmitted through sexual activity but people also can get it from contaminated needles, such as those used for tattooing or drugs.

### **The Body's Immune System**

Everybody has an inbuilt immune system which protects it from diseases and germs. This system has a lot of different parts which work together to keep out any harmful germs, and attack and destroy any which manage to get inside your body. Every day your body is exposed to millions of germs, and you do not get sick from them because of your immune system. Every time you do get sick because of a germ, your immune system works to get rid of it and then it remembers how to fight the infection if the same germ comes again. Usually the older you get, the more germs you become immune to. So, let's have a look at the immune system, starting from the outside of the body.



### **The skin**

The skin is the first line of defense in your immune system. You know how you put plastic wrap over leftovers to keep them fresh enough for later? Well, your skin is like a plastic wrap to keep germs from getting into your body. The epidermis (outside layer of skin) has special cells which warn the body about incoming germs. Glands in the skin also make substances that can kill some bacteria (anti-bacterial chemicals). This means you don't get infections on your skin unless your skin is damaged, such as by a cut, scrape or scratch.



## **Mucous membranes**

Your nose, mouth and eyes are the next point of attack. The mucous membranes which line the mouth, throat, lungs and bowel, act like a barrier to germs, just as the skin does. Saliva in the mouth and the tears which wash your eyes have special enzymes (chemicals) in them which break down the cell walls of many bacteria and viruses. The mucous that is made in your nose, throat and lungs traps bacteria, viruses and dust. Acid in your stomach kills most germs, and starts to digest your food.

## **Lymphatic system**

Lymph is a clear fluid that is similar to blood plasma, the clear liquid in blood, but it carries only white blood cells, not red blood cells. The lymph flows through all the parts of the body picking up fluid around cells and carrying it back to large veins near the heart. It also carries white blood cells to the places where they are needed. Some bacteria or viruses that have entered the body are collected by the lymph and passed on to the lymph nodes where they are filtered out and destroyed. Lymph nodes are sometimes called glands.

Your doctor can often tell if you have an infection by checking out the lymph nodes (glands) in your neck and under your arms to see if they're swollen. If they are, it shows that they are working to get rid of bacteria or viruses.

## **White blood cells**

In your blood, you have red blood cells and white blood cells, and in lymph there are only white blood cells. There are several different types of white cells which work together to seek out and destroy bacteria and viruses. All of them start off in the bone marrow, growing from 'stem cells'. The disease-fighting white blood cells are specialists. Some of the white blood cells are:

- ❖ Neutrophils, which move around the body in the blood and seek out foreign material (things that don't belong in your body).
- ❖ Macrophages are the biggest blood cells. Some live in different parts of the body like in the lungs and help to keep it clean. Others swim around cleaning up other white blood cells that have been damaged while doing their jobs.
- ❖ Lymphocytes that work on bacterial and viral infections.
- ❖ B cells produce antibodies. Each cell watches out for a particular germ and when that germ arrives, the cell starts to produce more antibodies which begin the process of killing that germ. Antibodies attach themselves to the germs so that other cells can recognize that these germs need to be destroyed.

- ❖ **T cells look for cells in your body that are hiding invaders (germs) or body cells that are different to normal healthy cells (such as cells that could develop into a cancer) and kills them.**

### **How does your immune system know which cells to attack?**

**Your body has lots of friendly bacteria around it which help your body work properly such as the bacteria inside your bowel that helps you to digest your food. These friendly bacteria live on the surfaces of the body, such as on our skin or inside the bowel. They do not try to invade the body, so the immune system does not try to get rid of them.**

**Other germs which cause illness, try to enter the body. Antibodies, which are made by the lymphocytes, attach to the invaders so that the other white blood cells can destroy them. They 'tag' them so they can be easily noticed. As well as attacking germs, your immune system recognizes and destroys other cells which do not belong in your body. The cells in your own body are marked with a special system called Human Leukocyte Antigen or HLA. Your immune system can recognize these markings as 'you'. Any cells which do not have the right markings are 'not you' and are therefore attacked. This happens if, for example, you have a blood transfusion with the wrong types of blood cells. Your body's immune system recognizes that these cells do not belong in your body, so it destroys them.**

### **You know your immune system is working**

- if you get better after you are sick**
- if cuts heal without getting infected**
- if you don't catch the same diseases over and over again**

### **When things go wrong with the immune system**

**Sometimes the immune system will make a mistake. It may attack your own body as if it were the enemy. For example, allergies are caused by the immune system over-reacting to something that is not really a threat, like when pollen triggers hay fever or asthma.**

**If tissue is transplanted from one person to another (such as skin or organ transplant), then the immune system will attack the new part. The immune system has to be suppressed by drugs to allow the transplant to work.**

**When the immune system is damaged, such as when people have a serious illness like AIDS, they get lots of infections and are much more likely to get cancers. Their body**

cannot recognize the infection or abnormal cells very well and the immune system does not destroy them as good as a healthy immune system does.

### **Did you know that moderate alcohol consumption boosts your immune system?**

We have known for years that a glass of red wine with dinner will benefit our health. Right?

Here are 8 health benefits of Red Wine:

1. Protects your heart
2. Lowers blood pressure
3. Lowers cholesterol
4. Controls blood sugar
5. Fights off colds
6. Increases brain activity
7. Helps prevent cancer
8. Helps you lose weight



**Red Wine**

Well, now a new research study proves that moderate alcohol consumption does boost the immune system and improve its response to vaccinations. This is great news!! I think moderate alcohol consumption for me is three or four large mugs of beer and a shot (or two) of Tequila. No wonder I'm so healthy.

### **Health benefits of drinking beer**

According to many different studies, drinking beer can help prevent cancer, strengthen your heart, strengthen your bones, prevent diabetes, boost your immune system, help your digestion and can even help you live a longer and happier life.



**I will drink to that!**

### **Health benefits of drinking tequila**

Did you know that 100% Agave Tequila provides more health benefits than almost anything you can drink? Yes, several new studies show that Tequila is the latest "miracle" drug. However, to get the best health benefits, you must drink only 1 or 2 shots a day.

**WARNING:** Drinking Tequila in large quantities can make you go crazy and do very strange things.



**Here are 10 surprising benefits of tequila:**

**1. It can help you lose weight**

**Crazy, right? Generally, the rule is, if you want to lose weight, don't drink alcohol. Remember, liquid calories go down so much easier than we realize, so it's still true. But if you can drink a controlled amount of tequila you can benefit from the weight-loss properties of agavins, which are a particular kind of sugar in tequila. Agavins have a less refined molecular structure which doesn't raise the blood sugar levels. As a result, many of the calories pass through the system unused as opposed to other alcohol sugars, which are not so glycemic index friendly. It also stimulates the metabolism and helps to dissolve fats.**



**Blue Weber Agave  
Tequila Country, Jalisco, Mexico**

**2. It aids digestion**

**Taking a shot of tequila after a meal has been linked to aiding digestion as well. Some suggest a shot before a meal to rev up your metabolism and appetite, and then a shot after to soothe and assist digestion.**

**3. It's probiotic**

**You've probably heard about probiotics by now, but if not, probiotics are the healthy bacteria that naturally populate our intestines. They are responsible for most of our immune system and help our bodies keep a healthy balance. Some of the fructans which tequila is derived from actually provides this healthy bacteria.**

#### **4. It's prebiotic**

Setting the stage for the good bacteria, prebiotics help create a living space for them. According to this latest study, the prebiotic attributes of tequila help make the intestines a more-friendly environment for healthy bacteria to thrive.

#### **5. It may help fight osteoporosis**

Again, with those agavins! They have been linked in several studies to aiding the body in calcium absorption, and therefore, might be a viable option for preventing the development of fragile or brittle bones.

#### **6. It may help prevent Type 2 Diabetes**

It also presents the opportunity for diabetics to enjoy tequila now and again, as the fructans being non-digestible, acts as fiber. By passing through the body undigested, it avoids the dangerous blood sugar spike as well as stimulates insulin production.

Obviously, if you have diabetes, you might want to talk to your doctor before you start drinking shots of tequila, as every individual is different and reactions can vary.

#### **7. It may lower chances of developing dementia**

The BBC reported studies show a link between people who drink moderate amounts of alcohol (including tequila) to having a lower incidence of dementia later in life.



**Tequila Served in Salt Rimmed Shot Glass with a Lime Wedge**

#### **8. It helps necessary drugs make it to the colon**

People with diseases affecting their digestive systems, such as Crohn's Disease, IBS and colitis, might be getting a boost from the fructans in tequila as it contains natural chemical carriers which protect the necessary drugs so they can get past the stomach acid, and to the colon where it is needed. Scientists are looking into using these fructans in prescription drugs for treating these diseases.

### **9. It helps curb insomnia**

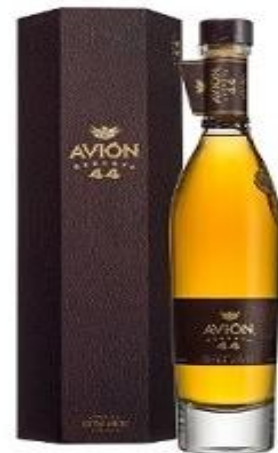
Thanks to its relaxing benefits, tequila can help calm the nerves and may even aid in inducing sleep for the deprived. It's best not to depend on any substance, particularly alcohol, on a regular basis. But now and then it may just be that extra something you can enjoy to unwind and relax. And snooze!

### **10. It doesn't give you a hangover**

That is if you drink the high shelf stuff. Again, you have to drink "100% agave" tequila to get this benefit. Cheaper brands will be filled out with other sugar alcohols, which will knock you out.

**ANOTHER WARNING!!** Most doctors and some religions maintain that no alcohol is healthy, but if you're inclined to have a drink once in a while, tequila might not be such a bad choice. Cheers!

For the past 3 or 4 years, I have been drinking a shot or two of tequila a couple of times a week and have not felt healthier in years. My favorite tequila is Avion Tequila Extra Anejo Reserva 44. This tequila costs about \$150 a bottle or \$16 a shot which means I can only afford it on special occasions. You can get good 100% agave tequila in the \$6 to \$8 a shot range.



Hey, we got off-track and a little carried away with the discussion of the health benefits of tequila but who cares.

### **Is raw seafood safe to eat? Does it contain germs?**

Sushi and sashimi are very popular foods in Japan - it's part of the national diet. In the US and especially Hawaii, it's a favorite for many. It's often considered a special treat to be able to eat sushi.

Sushi actually refers to the small balls or rolls of vinegar-flavored cold cooked rice which is garnished with vegetables, egg, raw fish, or other foods. It doesn't have to include raw fish. It's "sashimi" that is sliced raw fish. That said, sushi most often includes raw fish.



**It's a special treat to have and it's often an expensive meal. But is there any risk we should be aware of?**

**Sushi lovers need not fret about the raw fish they consume as long as the sushi has been prepared properly according to regulations by the Food and Drug Administration. People preparing sushi themselves need to take extra care with both the raw fish and the rice.**



**Sushi restaurants take certain steps in handling and preparing their fish. A required step involves freezing fish at temperatures of -4 degrees Fahrenheit (-20 degrees Celsius) for seven days, or frozen at -31 degrees Fahrenheit (-35 degrees Celsius) for 15 hours, which kills all the germs and parasites.**

**As with all food, there is some risk. Parasites like roundworm, infections like salmonella, norovirus, hepatitis A and many diarrheal illnesses (food poisoning) can be caused by eating raw or undercooked fish.**

### **Recap**

**The best ways to control germs are:**

- ❖ Wash our hands before eating and after touching items known to have germs.**
- ❖ Clean countertops, toilets, handles, door knobs, etc. on a regular basis.**
- ❖ Wash thoroughly fresh fruit and raw vegetables before eating.**
- ❖ If you can, avoid places where there are a lot of sick people.**
- ❖ Get your flu shot and the other required vaccinations.**
- ❖ Drink a little red wine, beer, and tequila for a little added protection.**

**The main thing I learned is that the home toilet seat is not all that dirty!!**

**The very best defense against bad germs is good genes, a strong immune system, washing your hands a zillion times a day and a lot of good luck!**

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