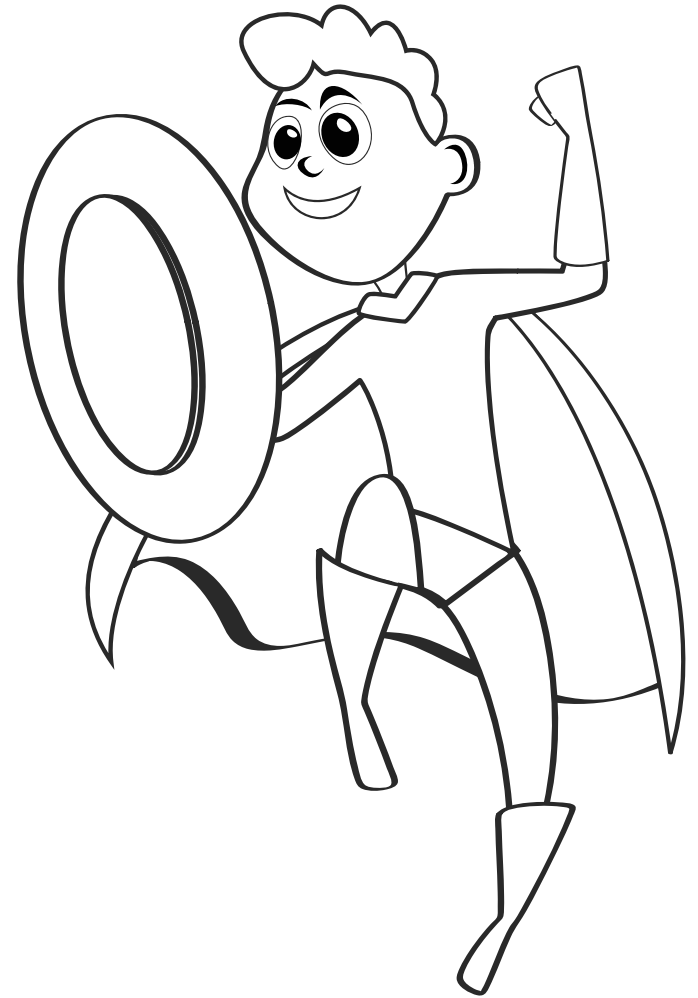
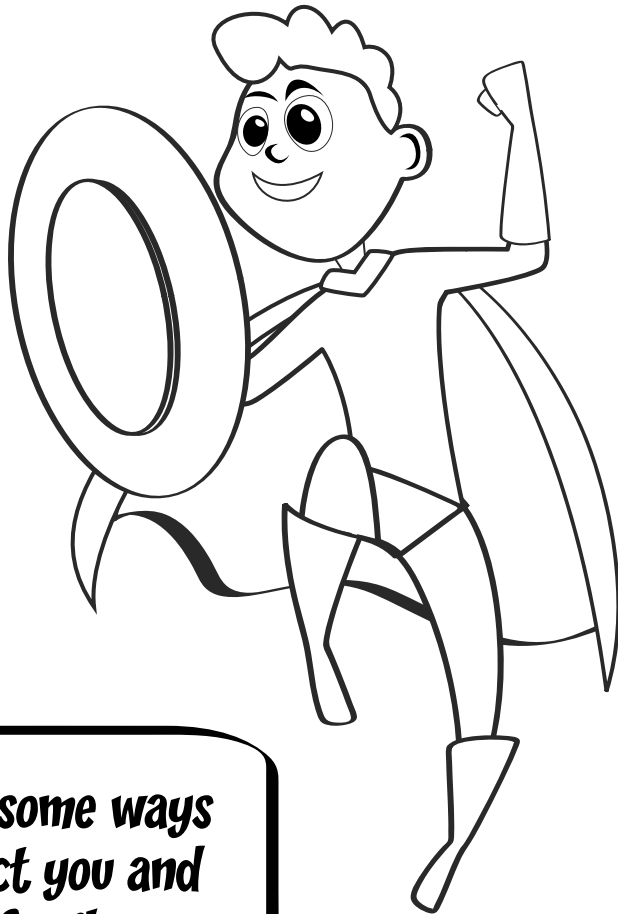


**I CAN BE A
GERM FIGHTING
SUPERHERO!**

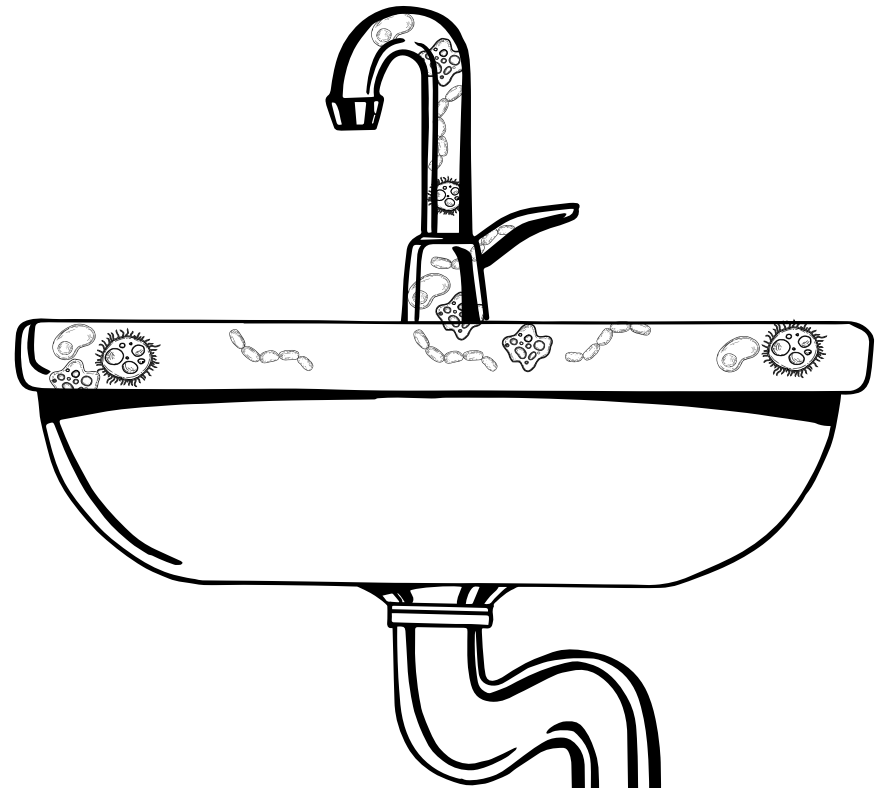


How do I protect my family and myself from germs found on surfaces?

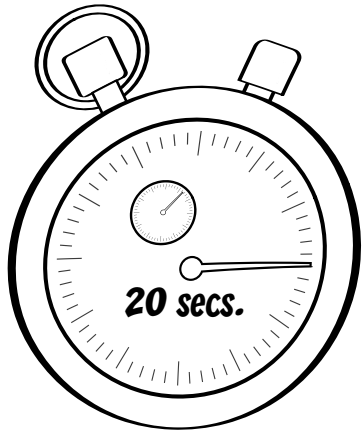


Here are some ways to protect you and your family.

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?



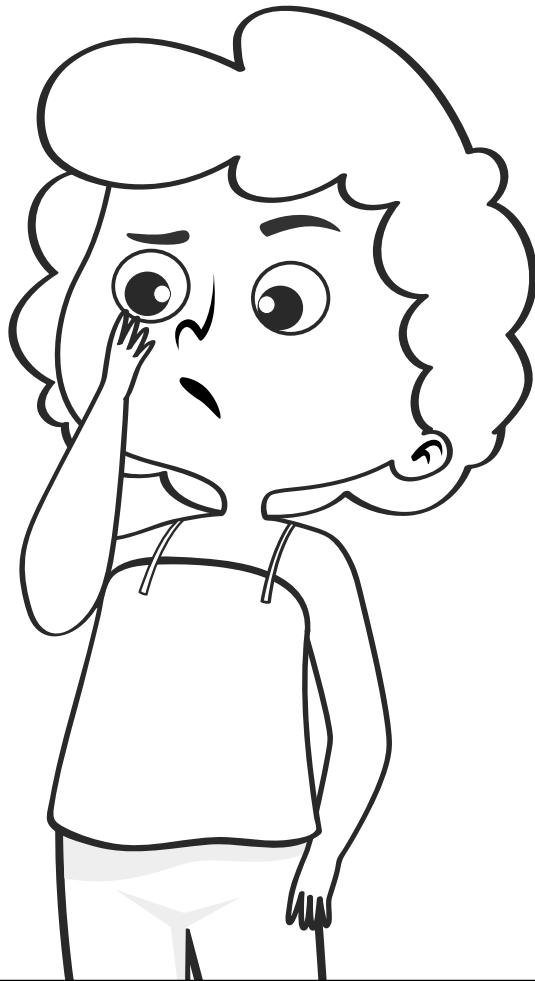
***Wash your hands
often with
soap and water
for at least
20 seconds.***



***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.***



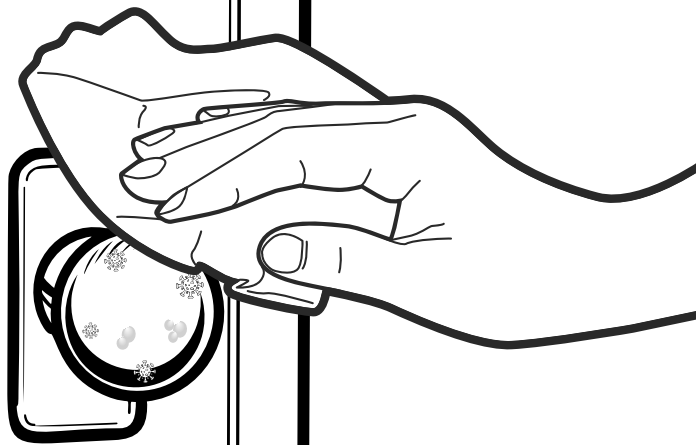
Stay home if not feeling well.



What is the best way to remove germs from surfaces?

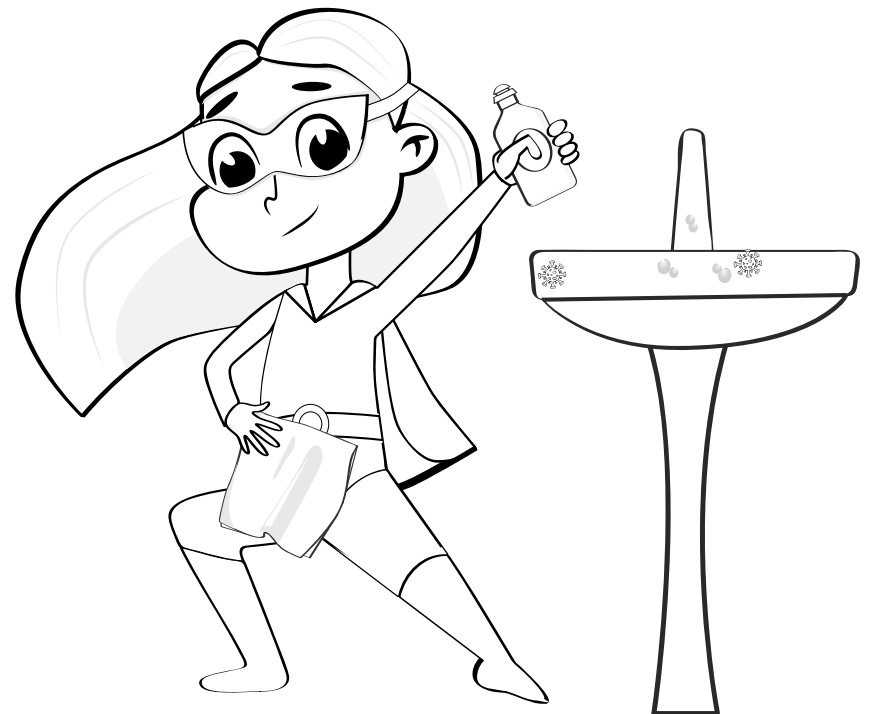


What is the best way to remove germs from surfaces?

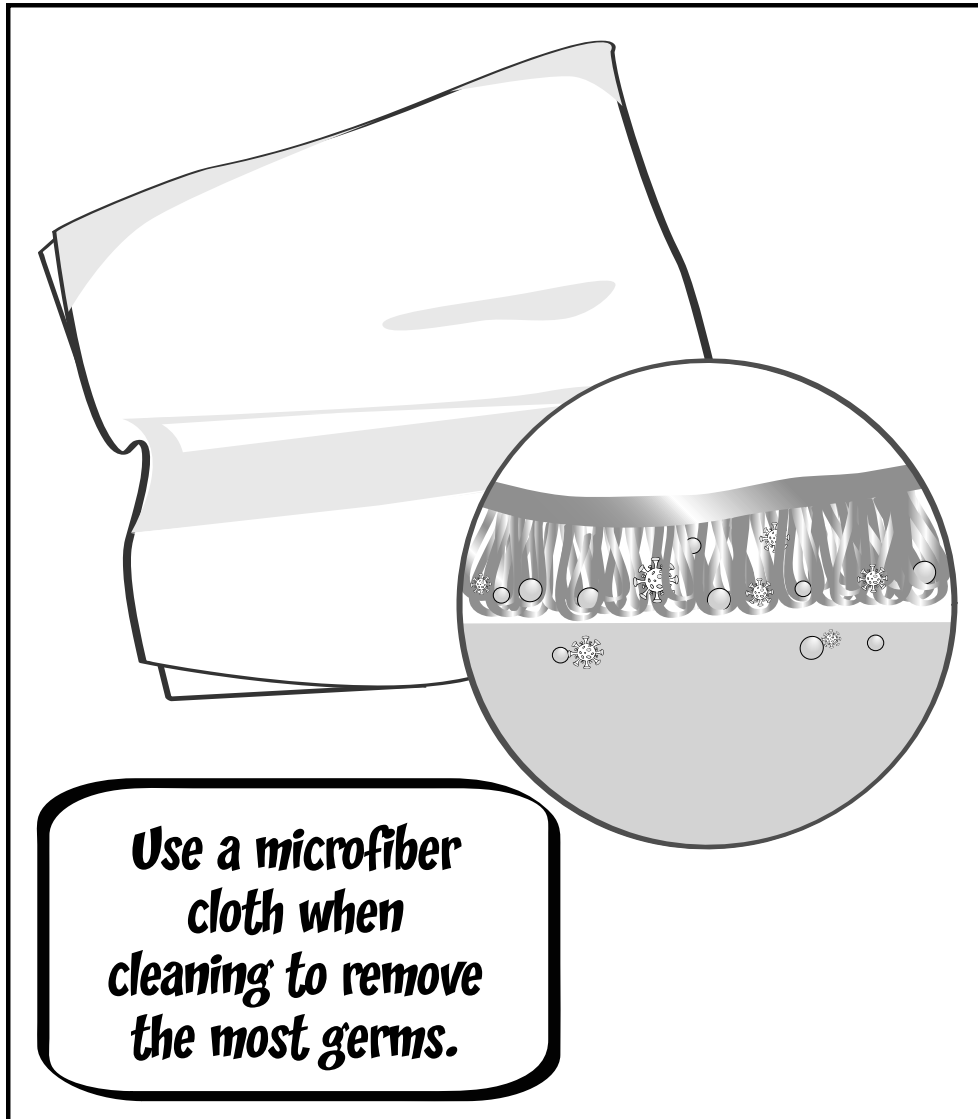


Clean with soap and water.

Clean with soap and water.

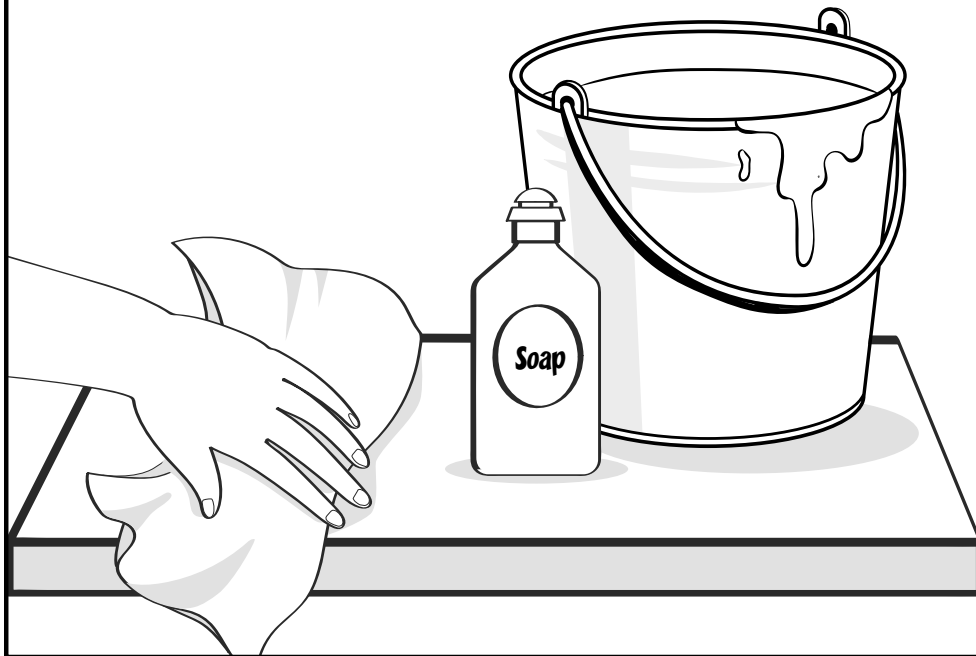


What is the best way to remove germs from surfaces?



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.***

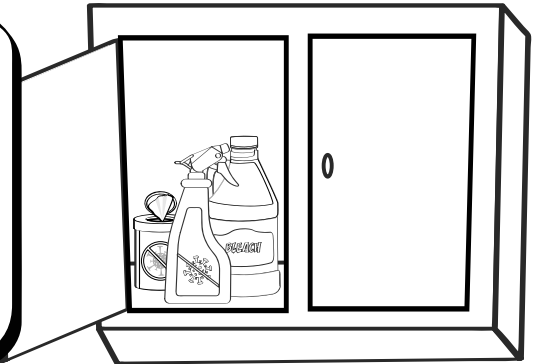


What is the difference between cleaners and disinfectants?

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



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

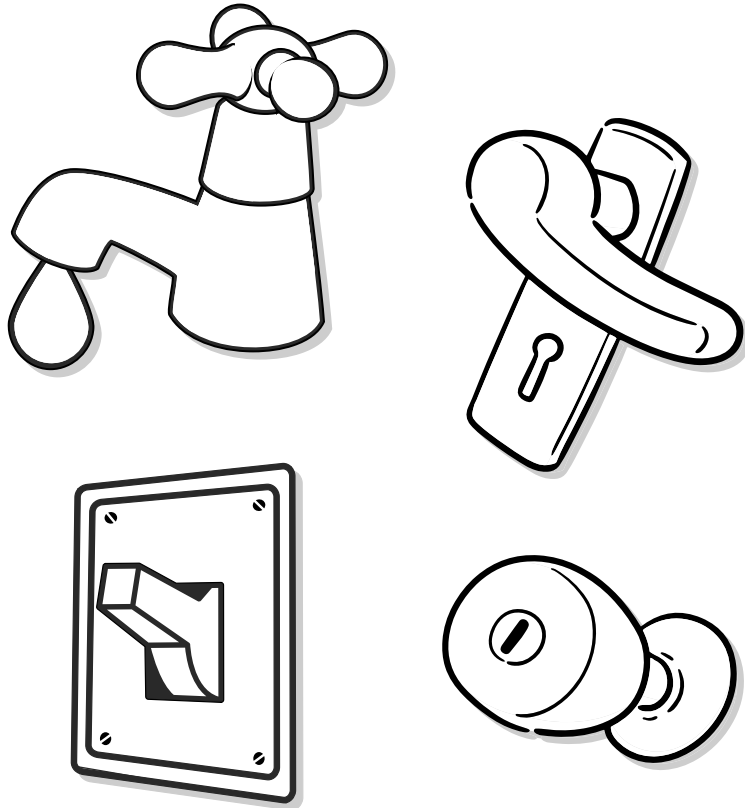


How do I know when to clean or disinfect?

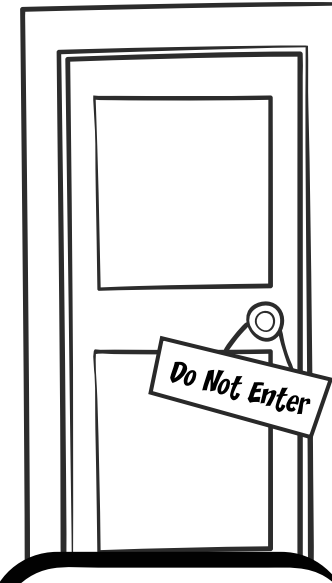
***If no one is sick
at home, clean
surfaces.***



How do I know when to clean or disinfect?



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



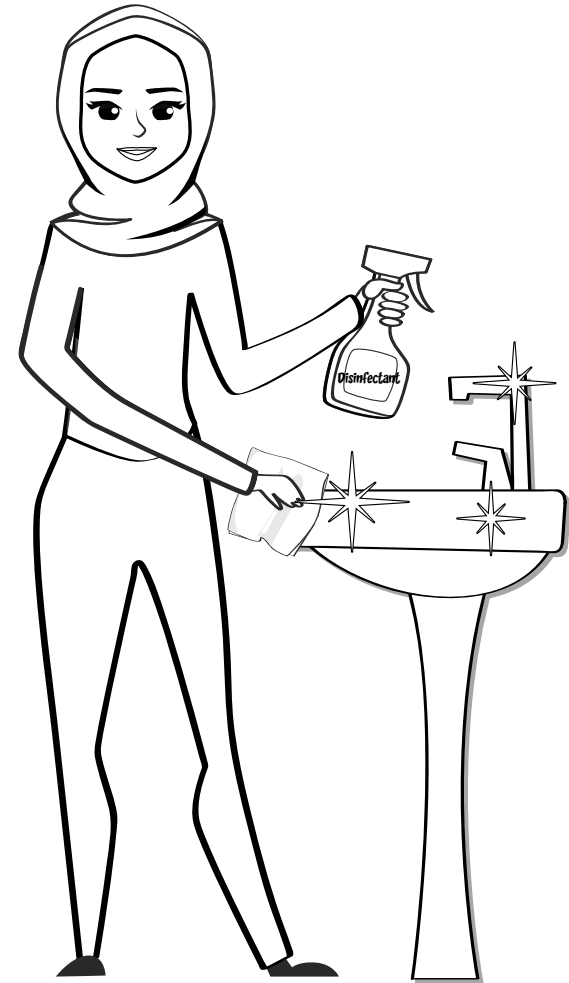
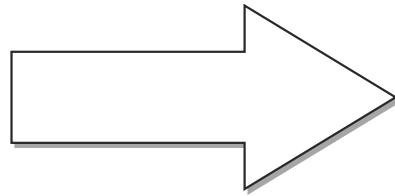
If someone is sick (or may be sick), clean first, then disinfect shared and high touch surfaces.



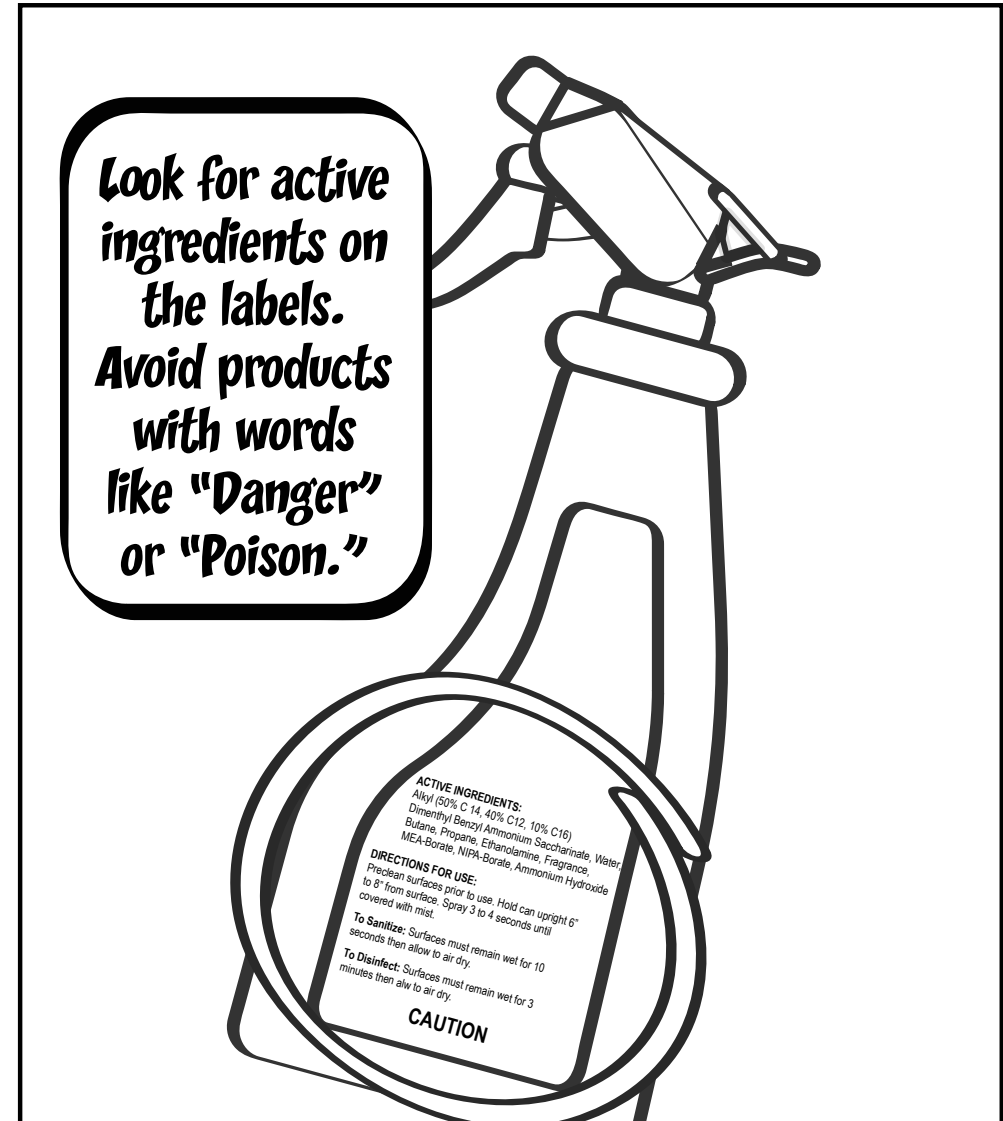
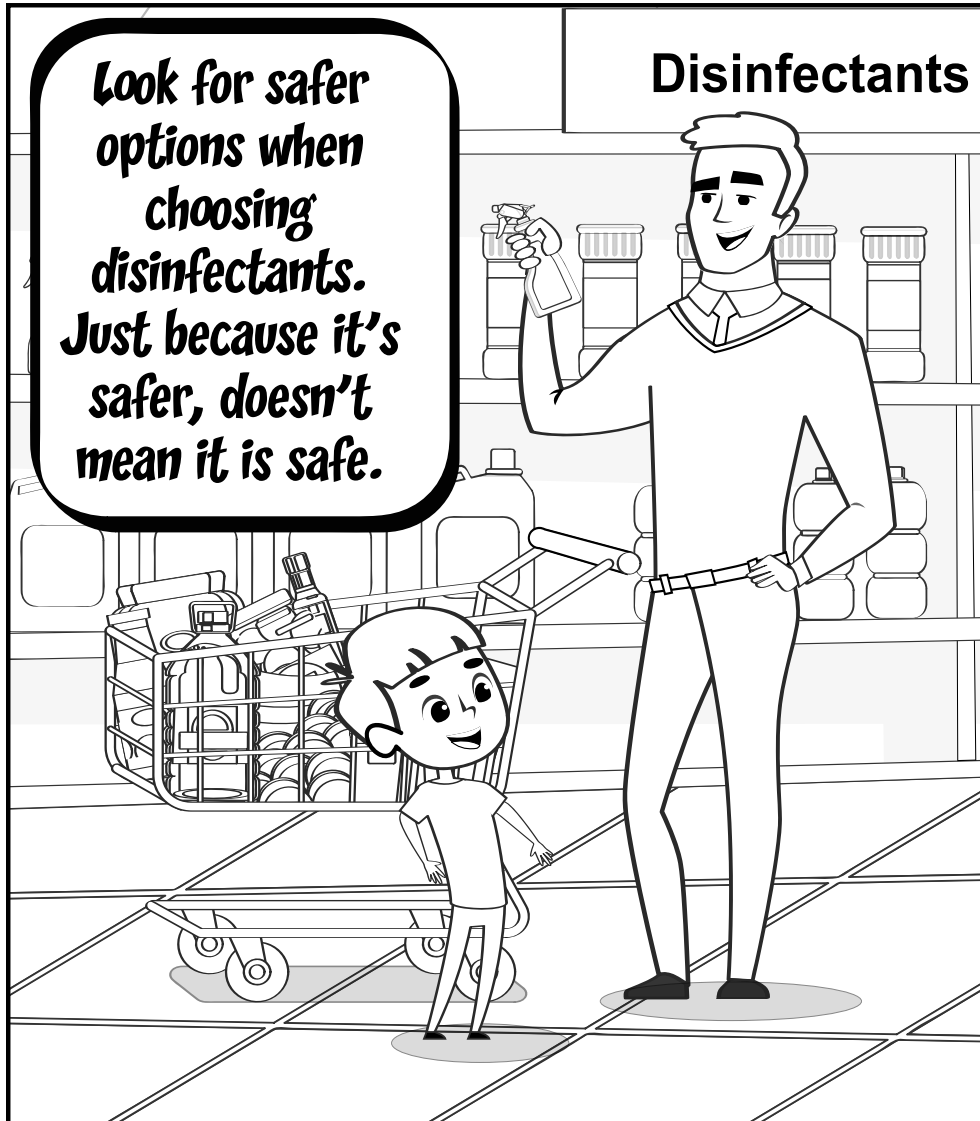
How do I know when to clean or disinfect?



***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?

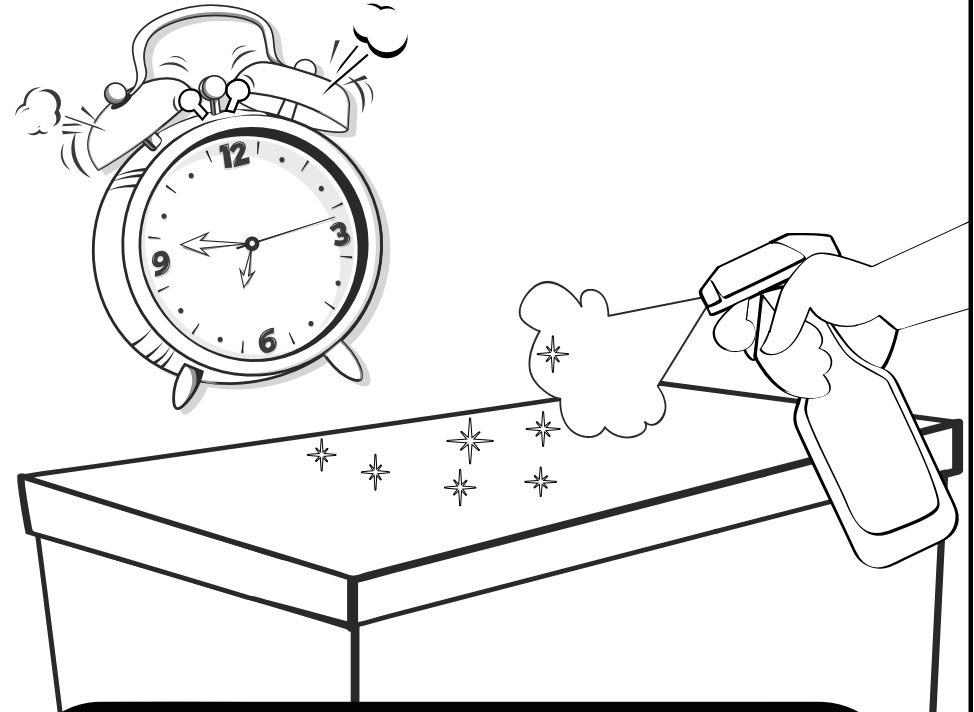
**For all disinfectants,
follow the directions
on the label.**

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

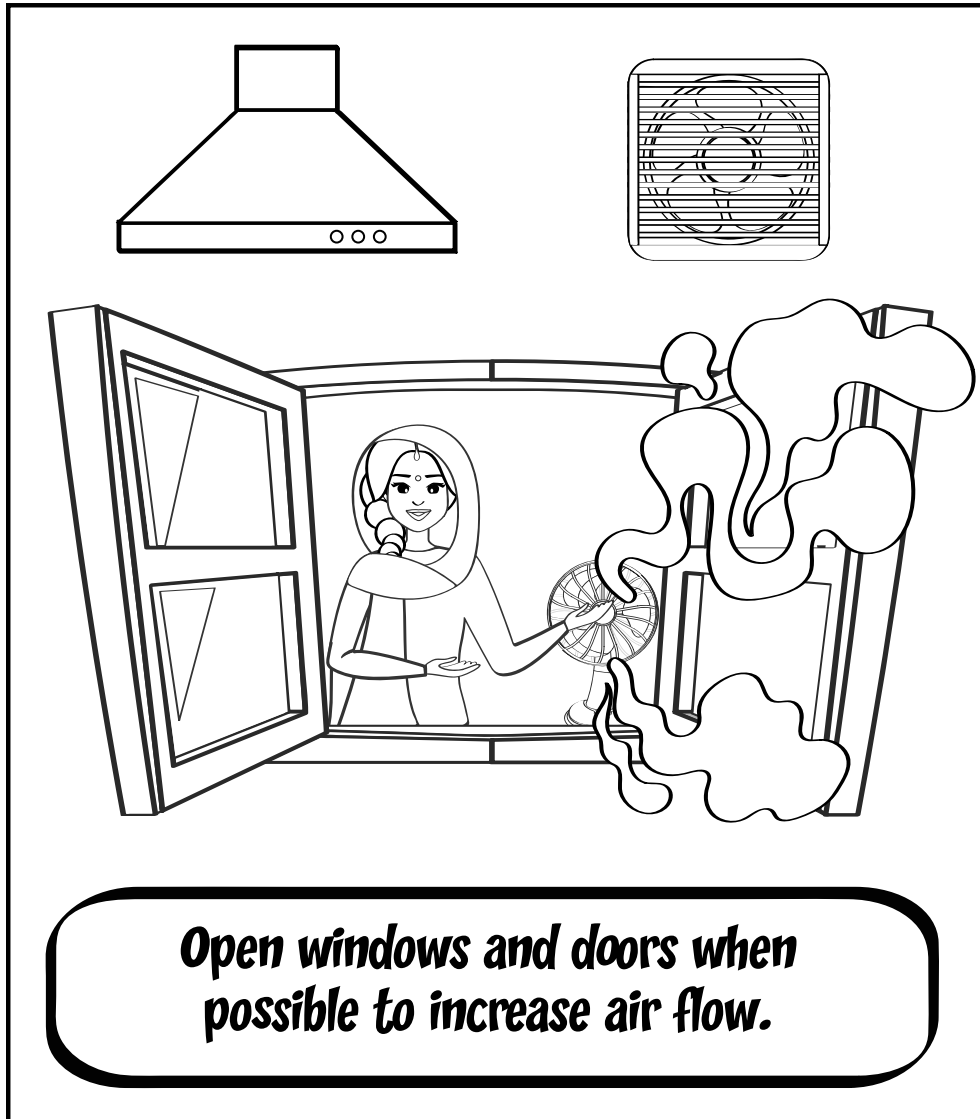
TO CLEAN: wet the surface with this spray & wipe clean. For stubborn stains, let stand a few more minutes. Allow to penetrate, then wipe clean.

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.

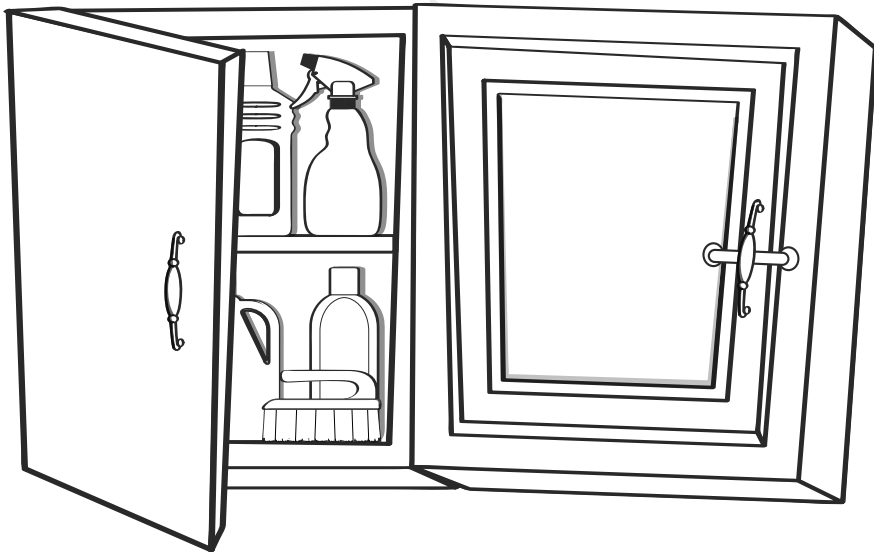


Apply to surface and leave glistening wet for the time listed on the product label – also known as “wet time,” “dwell time,” or “contact time.”

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.

Disclaimer

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