

Don't Give Germs a Helping Hand!

Your hands might not be as clean as you think. In fact, they could be 1)..... with germs! We shouldn't worry too much, though - this is 2)..... normal. Germs are everywhere and it's impossible not to 3)..... some up.

For example, when people who have the flu cough, sneeze or touch their mouths or noses, their germs can 4)..... up on surfaces such as tables, handrails and door handles. And when other people touch these surfaces, these germs can pass into their bodies. 5)..... can happen when you put your fingers on your eyes, nose or mouth, or when you eat or prepare food with your dirty hands. We might use knives and forks at the dining table, but we handle a lot of food, too. For example, you won't see many people using cutlery to eat biscuits, sandwiches or pizza!

Over 80% of infectious diseases pass from person to person like this, 6)..... illnesses like the flu, or stomach problems and even earache. But how can we stop this? The number one tip to 7)..... yourself from catching or spreading germs is to wash your hands regularly. Have you ever seen someone singing Happy Birthday to themselves at a washbasin? It sounds strange, but experts say that you should wash your hands for as long as it takes to sing this song twice! 8)..... sure to use lots of soap and wash between your fingers and under your nails. Spread the word and not the germs - wash your hands!

Read again and complete the gaps (1-8) with the correct letter (A, B, C or D).

- | | |
|---------------|-------------|
| 1 A crowded | C covered |
| B packed | D filled |
| 2 A properly | C perfectly |
| B exactly | D correctly |
| 3 A pick | C lift |
| B move | D carry |
| 4 A last | C end |
| B close | D finish |
| 5 A This | C Those |
| B These | D Then |
| 6 A happening | C appearing |
| B causing | D showing |
| 7 A prevent | C escape |
| B avoid | D break |
| 8 A Do | C Make |
| B Put | D Set |

Match the word and its definition

germ <i>noun</i>	to touch, hold or move something with your hands
pick up <i>phrasal verb</i>	knives, forks and spoons, used for eating and serving food
surface <i>noun</i>	to affect or make something affect, be known by, or be used by more and more people
handrail <i>noun</i>	an illness affecting humans, animals or plants, often caused by infection
Handle <i>verb</i>	To get
Pass <i>verb</i>	to have air come suddenly and noisily out through your nose and mouth in a way that you cannot control, for example because you have a cold
cutlery <i>noun</i>	the outside or top layer of something
spread <i>Verb</i>	a long narrow bar that you can hold onto for support, for example when you are going up or down stairs
disease <i>noun</i>	a very small living thing that can cause infection and disease
Sneeze <i>Verb</i>	to move past or to the other side of somebody/something