



D-BUG FUN FACTS!

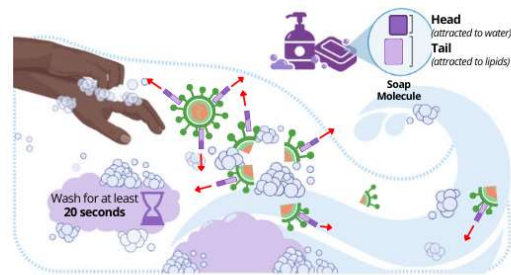
DEFENCE STRATEGIES

A major challenge to defending against the transmission of viruses is that a person may not always know they're infectious. The time between infection and the appearance of illness is the **incubation period**. It can be a few days (influenza; common cold), a few weeks (measles; chickenpox), or even a few years (HIV AIDS). Some people may even be **asymptomatic**, meaning they show no symptoms of illness but may still be contagious.

We can protect ourselves by:



Lathering up with soap & water surrounds virus particles on the skin with soap molecules. Soap molecules are **hydrophilic** (love water) one end and **hydrophobic** (hate water and want to attach to fats/lipids) on the other. They assemble themselves into little bubbles, with their hydrophilic ends pointing out and their hydrophobic ends pointing in.



Virus particles are trapped inside the bubbles and rinsed away by water. Viruses like coronavirus, with an outer envelope made of fatty lipids, are ripped apart when soap molecules wedge their lipid-loving ends into the envelope like a crowbar!

SOCIAL AND PHYSICAL DISTANCING!

Keep a safe distance from infected people to avoid droplets containing virus.



CLEANING SURFACES!

Some viruses can survive for hours, days, or weeks on certain surfaces. Cleaning surfaces like doorknobs & light-switches, reduces the risk of infection.

WEARING MASKS!

Face masks help stop infectious droplets from spreading when you speak, laugh, cough or sneeze. Some types of masks can block more droplets than others.

