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The Germ Freak's Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World

By Allison Janse, Charles Gerba

Health Communications. Paperback / softback. Book Condition: new. BRAND NEW, The Germ Freak's Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World, Allison Janse, Charles Gerba, Just in time for cold and flu season comes this fun, funny and imminently practical guide to the fine art of germ avoidance. Admit it, you either are one or you know one: a person who prefers the scent of Purell to perfume, hates public restroom toilets and pushes elevator buttons with their elbow. In a word (well, two), a "Germ Freak." Well guess what-they're right! In the bestselling tradition of the The Paranoid's Pocket Guide and The Worst Case Scenario Handbook, Allison Janse-a committed Germ Freak-gives readers the lowdown on how to avoid the common cold and survive flu season with your health and sanity intact. This is the practical information your doctor won't give you (they always say not to worry and may be giving you the latest bug by not washing their hands when they examine you!), but which you're almost literally dying to know, such as: How clean is my office desk? (In terms of germs, it's better to...



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-- **Zachery Mertz**

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According to self-described "germ freak" Allison Janse, it's a dangerous world out there and I am not talking about Al Qaeda, anthrax in the mailbox, or Hurricane Katrina. The real danger, according to Janse, comes from elevator buttons (severe acute respiratory syndrome), escalator handrails (group B Streptococcus), subway platforms (Aspergillus), kitchen sinks (salmonella), loofah sponges (Staphylococcus aureus), and children's ball pits (Escherichia coli). Unfortunately, the authors spend too much time on items that have no bearing on the transmission of colds and influenza, or anything else for that matter, and not nearly enough time providing detailed, "how-to" instructions. If you hate public restrooms, touching elevator buttons or doorknobs, and go through Purell like a house afire, then GERM FREAK'S GUIDE TO OUTWITTING COLDS AND FLU: GUERILLA TACTICS TO KEEP YOURSELF HEALTHY AT HOME, AT WORK AND IN THE WORLD defines you. The Germ Freak's Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work, and in the World. Idioms browser ?

Start by marking "The Germ Freak's Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World" as Want to Read: Want to Read savingâ€¦| Want to Read.Â In the bestselling tradition of the The Paranoid's Pocket Guide and The Worst Case Scenario Handbook, Allison Janseâ€”a committed Germ Freakâ€”gives readers the lowdown on how to avoid the common cold and survive flu season with your health and sanity intact. This is the practical information your doctor wonâ€™t give you (they always say not to worry and may be giving you the latest bug by not washing their hands when they examine you!), but which youâ€™re almost literally dying to know, such as: - How clean is my office desk? (In terms of germs, itâ€™s better to eat off a toilet seat). In The Germ Freakâ€™s Guide To Outwitting Colds And Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World (\$11.95), germmy freak Allison Janse and Dr. Charles Gerba (Dr. Germ) give us the lowdown on how to avoid the common cold and survive flu season with your health and sanity intact. This is my. favorite part and made me run for my big bottle of Purell: This is the practical information your doctor wonâ€™t give you (they always say not to worry and may be giving you the latest bug by not washing their hands when they examine you!) but which youâ€™re dying to know: How clea

Just in time for cold and flu season comes this fun, funny and imminently practical guide to the fine art of germ avoidance. Admit it, you either are one or you know one: a person who prefers the scent of Purell to perfume, hates public restroom toilets and pushes elevator buttons with their elbow. In a word (well, two), a " Germ Freak." Well guess what -- they're right!Â This book will help unenlightened germ spreaders get a clue or at least a HandiWipe and prove to the world that, in the end, it's far better to be safe than sorry. Are You a Germfreak? Here's how maintaining good gym etiquette can help keep you healthy while you work out.Â Healthy gym etiquette can help you avoid common germs that can lead to illness. While germs can be contracted at the gym, the risks don't outweigh the benefits of a good workout. Practicing good handwashing hygiene, covering up cuts and skin breaks, wearing shoes, wiping down equipment before and after use, and bringing your own towels and mats can help keep germs away. Sometimes, it's hard just to get yourself to the gym. Once you're there, the last thing you want to worry about is coming into contact with dangerous germs. In fact, according to a survey of over 1,000 gym-goers, sanitary practices While updating some of the links in a post I wrote about my own germ quirks, I noticed that one of the best books on the subject (The Germ Freak's Guide To Outwitting Colds And Flu: Guerrilla Tactics To Keep Yourself Healthy At Home, At Work, And In The World by Allison Janse) is now available for just \$4 (including shipping) from a number of online retailers! That's a really great deal. Especially since it's only \$.01 for the book itself and \$3.99 for the shipping. Keep in mind, these are used books -- but who cares for that price? My advice would simply be to choose the retailer with the highest rating. According to self-described "germ freak" Allison Janse, it's a dangerous world out there and I am not talking about Al Qaeda, anthrax in the mailbox, or Hurricane Katrina. The real danger, according to Janse, comes from elevator buttons (severe acute respiratory syndrome), escalator handrails (group B Streptococcus), subway platforms (Aspergillus), kitchen sinks (salmonella), loofah sponges (Staphylococcus aureus), and children's ball pits (Escherichia coli). She has a point, of course; everyday objects can transmit disease, but the value of her point is frequently lost in