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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Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.
-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Zachery Mertz
You Shouldn’t Have to Say Goodbye: It’s Hard Losing the Person You Love the Most
Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn’t Have to Say Goodbye: It’s Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn’t think much of the fact that her mother winced a little...

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DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L4: Danger on the Mountain: Scaling the World’s Highest Peaks, Andrew Donkin, Linda Martin, From blizzards and glaciers on the world’s highest peaks to the challenge of free...

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Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of getting along with and disciplining children, but...

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Penguin Young Readers Group. Paperback / softback. Book Condition: new. BRAND NEW, Frances Hodgson Burnett’s a Little Princess, Deborah Hautzig, N/A, Natalie Carabetta, The All Aboard Reading series features stories that capture beginning readers’ imagination while developing their vocabulary and reading comprehension....

The Mystery on the Great Wall of China
Gallopade International. Paperback / softback. Book Condition: new. BRAND NEW, The Mystery on the Great Wall of China, Carole Marsh, Mimi, Papa, Grant, and Christina are headed to China in Papa’s little red and white airplane, The Mystery Girl. Thousands of miles...
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. 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 with Charles Gerba Health Communications Inc, Deerfield Beach, FL, 2005 ISBN: 0-7573-0327-7 Pages: 194, Price: US $9.56. 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. Suggested citation for this article: Sessions K. The germ freak's guide to outwitting colds and flu: guerilla tactics to keep yourself healthy at home, at work, and in the world [book review]. Emerg Infect Dis [serial on the Internet]. 2006 Jan [date cited]. Available from http://www.cdc.gov/ncidod/EID/vol12no01/05-1309.htm.