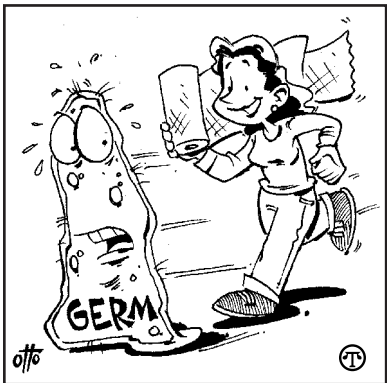


Hints For Homemakers

Get The Dirt On Germs

(NAPSA)—Germs are everywhere—whether you live in the city or the country, a house, apartment or dorm. Coming to terms with germs may be easier if you follow a few simple guidelines.



Using paper towels to clean kitchen surfaces can help prevent the spread of germs.

The Georgia Pacific Health Smart Institute™ offers a free pamphlet and the following tips on how to maintain a healthy home:

- The best way to avoid germs is to properly wash hands. Use warm, soapy water, and dry hands completely with paper towels like *Sparkle*® so you can wipe off and throw away the germs.

- The kitchen is the most bacteria-laden room in the house. Use paper towels to clean kitchen surfaces as well as garbage bins, floors, high chairs and refrigerators.

- Although the laundry room is where clothes get clean, it can also be a breeding ground for bacteria, mold and mildew. Proper cleaning and drying of clothes will reduce germs.

- When cooking, heating and reheating food on the stove, always remember to keep the temperature at 160°F or higher to prevent bacterial growth.

To receive a free “Come to Terms with Germs” pamphlet and for more information about preventing the spread of germs, call toll-free 1-877-GP-CLEAN or visit www.gphealthsmart.com.