How small is nano?
Measuring different things

### Macrosize

**Child**
A child is about 1 meter tall
1 meter = 1,000,000,000 nm (1 billion nanometers)

**Hand**
A hand is about 1 decimeter wide
1 decimeter = 100,000,000 nm (100 million nanometers)

**Pinky Finger**
A pinky finger is about 1 centimeter wide
1 centimeter = 10,000,000 nm (10 million nanometers)

**Breast**
A breast is about 1 millimeter wide
1 millimeter = 1,000,000 nm (1 million nanometers)

**Strand of Hair**
A hair is about 0.11 (one tenth) of a millimeter wide
0.1 millimeter = 100,000 nm (100 thousand nanometers)

### Microsize

**Red Blood Cell**
A red blood cell is about 10 micrometers wide
10 micrometers = 10,000 nm (10 thousand nanometers)

**Bacteria**
A bacteria cell is about 1 micrometer wide
1 micrometer = 1,000 nm (1 thousand nanometers)

**Virus**
A virus is about 0.1 (one tenth) of a micrometer wide
0.1 micrometer = 100 nm (1 hundred nanometers)

### Nanosize

**Cell Membrane**
A cell membrane is about 10 nanometers wide
10 nanometers = 10 nm

**Sugar Molecule**
A sugar molecule is about 1 nanometer wide
1 nanometer = 1 nm

**Atom**
An atom is about 0.1 (one tenth) of a nanometer wide
0.1 nanometer = 0.1 nm