

Bacteria and Germs

Causes behind the problem

Biological pollutants like bacteria are introduced continually into the home by people, food, water and pets. Ideal breeding grounds for bacteria include your kitchen, bathroom and workout areas.

Health effects

Most bacteria won't hurt you—it's the infectious kind you have to watch out for because it can make you sick, sometimes within hours of contact. Common illness-causing bacteria include Streptococcus, Staphylococcus and E. coli.

How to banish bacteria

Things you can do

- Clean your refrigerator out at least once every month
- Clean sink drains twice a week with an antibacterial solution
- Wash fresh fruits and vegetables thoroughly, rinsing them in warm water
- Use pure cellulose sponges and sterilize them by running through the dishwasher
- Rinse rags well and allow them to dry for several hours before using them again
- Wash all undergarments in the same load and dry them using high heat
- Regularly scrub down all bathroom fixtures
- Wipe up surface spills immediately
- Use stainless steel trash cans to dispose of waste
- Clean cloth toys by putting them in the washing machine
- Teach kids how to properly wash their hands
- Wipe down phones weekly with hot water
- Regularly wash cutting boards and cooking utensil

Source: www.care2.com