

Did You Know?

How to Avoid Restroom Germs

Germs thrive in bathrooms. A multitude of diseases like streptococcus (a form of strep throat and meningitis), E.coli, hepatitis A, and staphylococcus (the virus behind food poisoning and a form of pneumonia) live in bathrooms. The good news is, there are several ways to prevent the spread germs. Here are some suggestions:

- When possible, use enclosed toilet paper dispensers and only touch the amount of product you need. This reduces potential cross contamination for individuals using the restroom. Enclosed toilet paper also protects you from dirt and moisture.
- The most germ free bathrooms are the ones with no touch faucets, no touch paper towel dispensers, and automatic toilet flushing devices. This prevents you from touching handles that could harbor germs and bacteria.
- If you have to touch the faucet and paper towel dispenser after washing your hands, use your elbow to dispense the paper towels and then shut off the faucet with that paper towel after drying your hands. You can also open the door with the paper towel before throwing it away.
- Try not to touch bathroom surfaces after washing your hands since germs can spread to other restroom fixtures in additions to the typical appliances that are used.
- Remember to wash your hands correctly. Use soap, water and scrub hands for at least 15 seconds. When your hands are clean it will reduce your chances of picking up bacteria and other germs from that bathroom that will make you sick. It will also protect other people from being exposed to your germs when they use the restroom.

This was brought to you by the Resource/Referral program at EWC as part of a bi-weekly awareness project. R/R is located in the basement of Wilder Hall or you can reach us at 545-0883.

The info for this Did You Know came from:

http://www.kcprofessional.com/us/download/Press%20Release/Avoiding_Germs_in_Public_Restrooms.12.07.00.pdf