Germs! They’re hiding...

A recent study conducted by NSF International highlights the corners of the house where germs and other unwanted bacteria love to nestle. Although they have a bad reputation, don’t panic, exposing yourself to these pathogens at a safe level can help boost your immune system.

**Germs hottest spots in the house**

**The Kitchen Sink**
- Because it is in contact with food, it’s 100,000 times more contaminated than the sink in the bathroom.
- Clean once or twice a week with hot water and soap without leaving a trace of food. Disinfect the drain once a month with a water and bleach based solution.

**The Kitchen Sponge**
- After 3 weeks of use, 70% of sponges start to exhibit bacteria, including E. coli and salmonella.
- Placing a sponge in the microwave for two minutes can kill most of the bacteria, viruses, parasites and spores on it.
- Change the sponge every two weeks or less.

**Animal Food Dish**
- Animals often carry germs without our knowledge, especially through their saliva.
- Food dishes should be washed daily either in the dishwasher or by hand with hot soapy water.

**Kohler and Shower**
- 26% of baths and showers harbour a bacteria called staphylococci compared to the 6% found in garbage cans.
- Clean with hot water to remove anything from the drain, and make sure to disinfect regularly.

**Toothbrush Holder**
- It’s the one place that has the most germs with an average of 2,465,876 cells per 10 cm².
- Put in the dishwasher or wash by hand with hot soapy water, rinse and disinfect once or twice a week.

**Airplane seat**
- 245,000,000 bacteria and 160,000 fungi per square inch.
- Wiping down airplane seats with a 70% alcohol solution can kill over 98% of germs.

**Did You Know?**
- Disinfecting does not completely get rid of all micro-organisms. Over time, the microbial community will increase and even build a resistance to the disinfectant.
- Bacteria is responsible for the widespread of zoonosis, salmonella and food poisoning.

Sources: NSF International, Health Canada