

## 5 Ways to Minimize Public Bathroom Germs

Public restrooms are hotspots of bacterial contamination.<sup>1</sup> One study found public restrooms harbor skin and gut bacteria—thousands of them, in fact—that are easily transmittable by touch: When you flush the toilet, say, or turn on the faucet to wash your hands.<sup>1</sup>

“Germs” encompasses a wide range of microscopic organisms—far too tiny for the human eye—that can cause disease.<sup>2</sup>

And a primary place where germs love to hang out is in the bathroom, especially public restrooms.<sup>3</sup> One study found traces of 77,990 bacteria and viruses in public restrooms.<sup>4</sup>

Germs on the sink, toilet, or anywhere in public bathrooms, get into your body through your mouth, nose, skin, eyes, and genitals.<sup>5</sup>

You needn't become overly compulsive about this, but be mindful about high-germ environments (including public restrooms) and prepare accordingly with these 5 strategies.

1. **Support your immune system.** Our Core or Advanced Plans along with immune-supporting supplements including Daily Defense can optimize immune health.
2. **Wash your hands regularly.** Hand washing can prevent about 30 percent of diarrhea-related sickness and about 20 percent of respiratory infections, such as colds.<sup>6</sup> If you wash your hands for the proper amount of time, about 15 to 20 seconds, you're unlikely to get sick from germ-ridden places like public restrooms.<sup>3</sup>
3. **Ensure public restrooms have been cleaned often.** Many public restrooms now have signed charts that ensure they get cleaned every hour or so.
4. **Use touchless features whenever possible.** The fewer surfaces you touch, the more you minimize being exposed to bacteria, viruses, and contaminants.<sup>7</sup>
5. **Be the example you want others to be.** Good hygiene impacts others. You're less likely to transfer germs, of course, but you also impact how others behave. When your children see you thoroughly wash your hands in the restroom, they're more likely to follow your example.

*Talk with your healthcare practitioner about these and other strategies to minimize your exposure to germs in public restrooms and other places. Never modify any medications or other medical advice without your healthcare practitioner's consent.*



## References

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Clinic Address  
Phone Number  
Website  
E-mail

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