Why You Should Wash Your Hands

Your hands are dirtier than you think! Here’s food for thought:

4 Things That Are Germier than the Average Toilet Seat

Computer Keyboards: 70 times germier
Cell Phones: 300 times germier
Carpets: 1,000 times germier
Kitchen sponges: 200,000 times germier

6 Incredibly Dirty Things You Probably Touch Every Day

Sinks and Sink Handles
Bacteria love damp places. So they thrive in sinks — both the bathroom and kitchen variety. After a kitchen sponge, the kitchen sink is the dirtiest place in your house.

ATMs and Credit Card Swipers
According to researchers at the University of Arizona, there are about 1,200 germs on each key of an ATM.

Steering Wheel
You run errands, touch the gas pump dispenser, eat food, apply makeup and wipe your kids’ runny noses in your car. When’s the last time you cleaned your steering wheel?

Money
According to an Oxford University study, each bill has about 26,000 bacteria on it.

Office Desk
Per square inch, your desk likely has more germs on it than your office toilet. And it’s even worse if you ever eat at your desk.

Wallet, Purses and Phones
A University of Arizona study found that wallets, purses and hand-held devices are the dirtiest things in an office.

How Long Germs Can Live on a Surface

<table>
<thead>
<tr>
<th>Surface</th>
<th>Survival Range</th>
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<tbody>
<tr>
<td>GOLD BACTERIA</td>
<td>10 - 100s of years</td>
</tr>
<tr>
<td>HEPATITIS B</td>
<td>16 months</td>
</tr>
<tr>
<td>VESRS</td>
<td>7 months</td>
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<tr>
<td>C. DIFFICILE BACTERIA</td>
<td>3 months</td>
</tr>
<tr>
<td>MERSA BACTERIA</td>
<td>2 months</td>
</tr>
<tr>
<td>E. COLI BACTERIA</td>
<td>1 week</td>
</tr>
<tr>
<td>ANTHRAX SPORUS</td>
<td>3 days</td>
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3 Surprisingly Dirty Places

Your vacuum cleaner
About half of vacuum cleaner brushes contain fecal bacteria. Nearly all have mold.

Grocery carts
Their handles usually have more fecal bacteria than the average public restroom.

Restaurant menus
Scores of people touch them, and they are never washed.

And one not-so-surprising place:

An airplane
Thanks to hundreds of people, recirculated air and no place for the germs to go, you’re about 100 times more likely to catch a cold when you fly than you are while grounded.

This message is brought to you by LifeBridge Health.

May 5 is World Hand Hygiene Day, but please keep this important health observance 365° days a year.

*Unless it’s a leap year. Please wash your hands on that 366° day. Or we’ll tell your mom.