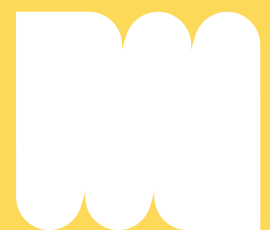


How to Maintain Bathroom Hygiene and Reduce Infections



ABSTRACT

Good hygiene is more than just bathing once a day or brushing your teeth. It's the consistent effort of making sure you keep yourself protected from infections caused by the spread of germs. A perfect example is toilet hygiene. Many think that flushing once you're done using the toilet and giving your hands a quick rinse is sufficient germ protection, but that's not necessarily going to keep you safe from infection.

INTRODUCTION

If you have a large family at home, it's important to set rules to ensure everyone maintains basic hygiene habits. An easy way to do this is to create a simple, easy-to-follow bathroom hygiene poster, highlighting what to do and why it's important. With us, it's easy to keep the whole family clean and healthy.

I. Germs in the Bathroom

Changing a few habits and doing some spring cleaning around the calendar can help keep your bathroom sterile. Check out these 10 tips.



While bathrooms are not as populated with germs as kitchens, they still harbor their share of illness-causing bacteria lurking everywhere from the sink faucet to the towels.

But changing some habits and doing spring cleaning around the calendar can help make your bathroom about as sterile as an operating room.

Here are 10 tips to stop germs in the bathroom:

Color code hand and bath towels.

"This way everyone has their one color so family members don't swap towels and viruses," says Neil Schachter, MD, medical director of respiratory care at Mount Sinai in New York City, and the author of *The Good Doctor's Guide to Colds and Flu*. "If people are burrowing their faces in towels, they are doing more than drying off, they are depositing germs." If you don't want to color-code, use a waterproof magic marker on white towels, so every family member knows which one is theirs, he suggests.

Don't share toothbrushes

Make sure everyone has their own toothbrush by color-coding them, Schachter says. "Don't let your toothbrush make contact with any other toothbrushes stored in the same holder either. Germs can be passed along that way," he says. "A good rule of thumb is to keep them at least an inch apart."

Replace your toothbrush regularly after you've had any illness such as a cold or flu because germs can remain even after you've recovered. Here's why: When you brush, you remove plaque and particles so toothbrushes can become contaminated with bacteria, blood, saliva, and oral debris. This contamination can be passed right back to you.

Always flush with the lid down

According to Charles Gerba, PhD, a professor of microbiology at University of Arizona in Tucson, flushing the toilet with the lid up is not wise. "Polluted water vapor erupts out of the flushing toilet bowl and it can take several hours for these particles to finally settle -- not to mention where," he says. "If you have your toothbrush too close to the toilet, you are brushing your teeth with what's in your toilet."

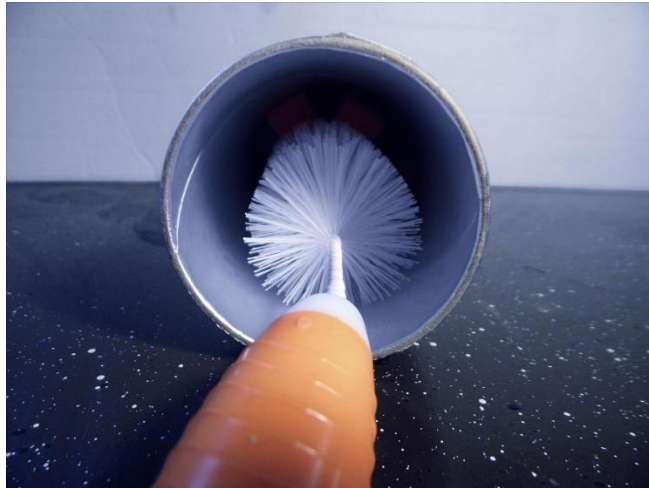
Wipe down high-touch surfaces

Use disinfectant spray or wipes on faucets, toilet flushers, cupboard handles, doorknobs, shower door handles, and any other area that you touch with your hands, Schachter says. "These sprays or wipes kill germs on contact." The rhinoviruses that cause colds can survive up to three hours, so cleaning surfaces with disinfectant may help stop infections, according to the National Institutes of Health.

"Don't forget the toilet brush handle and plunger handle," adds Paul Horowitz, MD, the medical director of Pediatric Clinics at Legacy Health System in Portland, Ore. "These are high-touch areas that we don't think about, let alone clean."

Set up a paper cup dispenser

"Use a paper cup dispenser not a plastic or ceramic cup because you are spreading enormous amounts of viral load in plastic cups that are often shared among family members," Schachter says.



Choose functional tissues

"The latest trend in tissues are virucidal tissues," says Schachter. "These tissues prevent the spread of viruses around the house because it kills them when you blow your nose, so they are not left lying around."

Wash your hands after you do your business

This may be second nature by now, but you should always wash your hands after visiting the toilet or changing a diaper. You should also wash your hands after you come in contact with blood or body fluids, including vomit, nasal secretions, and saliva, says Horowitz. And don't forget: Wash your hands after you clean any area of the bathroom.

Scrub the inside of the toilet bowl

"This should be done at least a couple times a week with products that contain bleach," Horowitz says.

Let the water run

Germs can grow in showerheads. If you haven't used yours for a while, let it run hot on full power for a minute or two to flush any germs away before showering, Schachter says.

Scrub showers, bathtubs, and countertops

These should be cleaned to help reduce the spread of viruses, fungi, and bacteria. "Do it at least twice a week with a disinfectant that contains bleach," Horowitz says. Here's what can happen if you don't: "Germs can line the walls (of the tub) and you can easily touch the surface and then touch your mouth," he says.



What's more, the dead skin cells that sit on inside of the tub can be contaminated. If someone with a cut or open wound goes in the tub, those organisms can infect that wound and increase the overall load of bacteria."

II. The Sneakiest Types of Hidden Bathroom Germs and How to Prevent Them



You may use bleach and a brush to fight the bathroom germs in your toilets and tubs, but bacteria, mildew, and mold lurk on many other surfaces. The towel you dry your hands with, the loofah you think you're cleaning your body with, and your toothbrush and its holder can quickly become some of the germiest spots in the bathroom. To keep the space clean and reduce the risk of illness, watch out for these hidden bathroom germs and learn how to prevent them.

The Most Common Types of Bathroom Germs

Germs are a natural part of our world, and they are present on our skin and inside our bodies. But sometimes, we can transfer harmful bacteria, viruses, or fungi to various household surfaces, and especially in bathrooms, these germs can quickly spread. Here are some common germs that could be lurking in your bathroom.

Norovirus

Pathogens that cause norovirus can be found in human excrement, which means if these pathogens are in the toilet bowl and you flush without closing the lid, they can quickly spread across your bathroom.

E. coli

E. coli can be present in feces, and it can spread when someone uses the toilet and fails to close the lid before flushing or doesn't wash their hands afterward. If those unwashed hands turn on the shower or shut off the light, those germs will spread around the bathroom, especially if the room is warm and has a lot of moisture in the air.

Salmonella

No, salmonella isn't just something to worry about when preparing chicken for dinner. This bacteria can be found on toilet seats and may spread to counters, shower curtains, and other surfaces after flushing the toilet.

Staphylococcus aureus (Staph)

Staph aureus bacteria are naturally present on human skin, but they can sometimes be harmful. They are often found on high-touch points like faucets and bathroom door handles. This gram-positive bacteria can be particularly dangerous to human health and can cause various staph infections, like MRSA, which is resistant to antibiotics.

Dermatophyte

Remember donning shower shoes in your college dorm bathrooms? That was ideally to prevent athlete's foot caused by a fungus known as dermatophyte. This fungus may be present in bathroom tubs and shower floors.

How Do Germs Spread in Bathrooms?

Steaming showers, poor ventilation, and toilet flushing create a perfect breeding ground for bacteria and viruses to spread. Germs need warmth and moisture to reproduce, and your bathroom often offers those exact conditions. Whether you're guilty of reusing a hand towel several days in a row or flushing a toilet with the lid open, germs are bound to spread quickly in this part of the house.

Your toilet is obviously a germ place, and when you flush the toilet, those bacteria and viruses can go airborne. Once they land, a warm, moist environment helps them reproduce and spread quickly. But bathroom germs aren't just in the toilet.

When you shower, bacteria may wash off your body and dead skin cells, landing on the shower floor. Wiping your wet hands or wet body on a towel or stepping out of a shower onto a bathmat leaves these fabrics damp, the perfect condition for bacterial growth. Using unwashed hands to open the bathroom door, turn on the light, or turn on the bathtub faucet can also spread germs.

How to Prevent Bathroom Germs

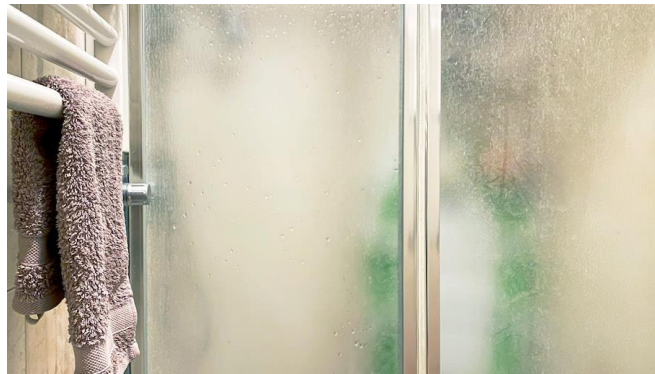
Because germs thrive in warm, moist environments, like the bathroom, you'll need to keep up with cleaning every linen and surface to remove germs and slow their inevitable spread. Use an all-purpose cleaner to wipe down counters daily, and turn to bathroom cleaners to eliminate germs in the tub and toilet. You should also consider adding a disinfectant to your routine.

To help minimize germs in your bathroom and keep them from spreading, follow these bathroom cleaning tips.

Close the Toilet Lid

When you flush a toilet, the germs inside can propel outward and onto other bathroom surfaces. These germs may include E. coli and norovirus, as well as microparticles of waste. Pretty gross, right? The easiest way to stop these germs from flying through the air is to simply close the toilet lid before you flush.

Launder Linens Regularly



Can you remember the last time you cleaned or replaced your shower curtain or its liner? What about your towels? With one hot, steamy shower after another, curtains, liners, and towels become damp or wet. They may also hold gram-negative bacteria, like E. coli.

Launder fabric curtains at least once per month to prevent mold, mildew, and other harmful bacterial growth. To clean plastic curtains and liners, use a damp microfiber cloth and a sprinkle of baking soda to scrub down the entire surface every three months. Then, use a damp cloth to clean away any baking soda residue, and finally, dry it thoroughly before hanging it back up. You can also typically run these through the washer on cold. Just skip the dryer.

Wash or swap out bath towels at least once per week or after three uses. Hand towels, which are often used by multiple people several times a day, need to be washed and changed out more often. Swap in fresh hand towels every day or at least every three days.

Move Toothbrushes Away From the Toilet

You probably need to wash your toothbrush holder far more often than you currently are. An NSF International study found that 64% of toothbrush holders studied had mold and yeast present, compared to only 27% of toilet seats in the study. The toothbrush holder, and the toothbrush you put in your mouth twice a day, also may have coliform and staph bacteria.

First, make sure to place your toothbrushes at least 3 to 6 feet away from the toilet. On top of that, remind family members to close the toilet's lid to prevent germs from dispersing. Wash your toothbrush holders in hot, soapy water at least once a week to discourage bacterial growth, and always rinse your entire toothbrush, handle included, after each use.

Scrub the Shower or Tub

You're washing the germs off your body each day, only to have them swirling around the shower floor. While it doesn't seem like a high-priority cleaning area, all this activity can really add up.

Scrub shower or tub floors about once per week, and be sure to squeegee or dry off any moisture when you finish to prevent mold and mildew. If you already know you won't be able to keep up with this amount of cleaning, this is where hiring a local house cleaning company can come in handy.



Remove Showerhead Scum

You probably have disinfection of the bathtub faucet and shower handles on your regular cleaning checklist, but you may be forgetting showerheads. These can become clogged with soap scum and harbor opportunistic pathogens that make you sick.

For an initial deep clean, fill a large, resealable plastic bag with about 1/2 cup of baking soda, up to 4 cups of vinegar, and 1 cup of warm water. Carefully wrap the bag full of this cleaning mixture around the showerhead, then secure it with a rubber band, zip tie, or hair tie. Let it sit overnight, then remove the bag and wipe down the showerhead with a clean, dry cloth.

Once you've given your showerhead a deep clean to get rid of soap scum buildup and germs, you can clean it regularly with just distilled white vinegar and a clean cloth. Plan to wipe down the showerhead about once per week, perhaps when you are also cleaning the shower floors.

Related Article



Check the Exhaust Fan

Searching for the hidden germs in your bathroom? Just look up. If your exhaust fan looks dusty or doesn't seem to remove water vapor during your showers, it might be busy growing mold and circulating dust and harmful bacteria around the bathroom.

About every six months, clean your exhaust fan to help its performance. You can use a vacuum with a brush attachment, a scrubbing brush, or a can of compressed air to clear out any dust and debris. If cleaning the exhaust fan doesn't help reduce bathroom moisture, or your exhaust fan is 10 years or older, it might be time to hire an HVAC tech near you to replace it.

III. 15 Reasons Why You Should Deep Clean Your Bathroom

If you are looking for inspiration as to why you should deep clean your bathroom here are 15 great reasons why you need to jump up now!

Bathroom cleaning is a job that you either love or hate and honestly, I don't really mind cleaning it. Check out these tips for deep cleaning bathrooms in your home.

I am a bit of a germ freak and if I clean it, I know that I have killed all those annoying little germs for the last time; well for at least 5 minutes before someone goes in there and splashes water around.

The most important reason that your bathroom needs to be clean is simple, you deserve to use a clean bathroom and you should.

Deep Clean Your Bathroom Today

The Importance Of Cleaning The Bathroom And Toilet

Let's not get ahead of ourselves, cleaning is something as adults that we need to take care of. If this means paying for someone to clean or doing the cleaning yourself, either option is acceptable.

But it is something we must do, having a clean bathroom is so important for every member of your family.

But a clean bathroom means that the germs that are present in our bathrooms are kept to a minimum and this is important for the health of you and your family.

Reasons Why You Should Deep Clean Your Bathroom

The bathroom just seems to attract dirt and grime and it is often one of the most difficult areas to keep clean; something always needs cleaning in the bathroom.

If you need some motivation, as to why you should deep clean. I think these 15 reasons will push anyone over the edge and have a need to give their bathroom a bit of a clean.

But sometimes it's more than that, it's about having pride in your home and feeling comfortable with the cleanliness of the room too.

But most importantly, as an adult, you have to clean and keep your home clean for you and your family.

Top Cleaning Products To Use In Your Bathroom

There are so many different products that it can become confusing as to what you should and shouldn't use to keep your bathroom in tip-top condition.

- A Cream cleaner is great for cleaning the bathroom including getting watermarks out of glass shower screens.
- **Microfiber cloths** are great for general cleaning.

- **Stainless steel cleaner** use this for polishing any stainless steel in the bathroom.
- A **mop** is essential for keeping the floor clean.

Top 5 Reasons To Clean Your Bathroom

These reasons will make you think, hopefully, to take action, but even a small change is better than nothing.

1. Life and time restrictions all get in the way and cleaning is one of those areas that often gets pushed to the bottom of the to-do list. **Time Management** is so important.
2. If you don't deep clean your bathroom and you have people around, then it is embarrassing. There is nothing worse than going to someone's home and needing to use the toilet and the toilet and the bathroom is dirty.
3. Cleaning your bathroom is important for hygiene reasons; you don't want germs spreading through your home that would've been prevented with a deep clean. Read this article on **How To Simply Clean The Bathroom!**
4. An uncleaned bathroom and toilet will smell, there is no getting around this point, you must clean and deep clean your bathroom to prevent that smell. Often this is just due to the high moisture content and the items that we store there, for example, a full laundry hamper is quickly going to smell musty and dirty; keeping up with your laundry helps to reduce the smell in the bathroom. Mold can develop in the bathroom quickly, the **best mold killer** is an essential oil.
5. It is a known and proven fact that particles of the waste that you flush down the toilet will, in fact, spread around the room, especially if the toilet seat lid is up. To prevent you from cleaning your teeth with a toothbrush soiled with these particles, deep cleaning your bathroom and toothbrushes is essential.

Why You Need To Clean Your Bathroom

Don't worry, I've still got plenty more reasons why you need to keep your bathroom clean.

1. Bacteria grows in warm and damp environments, this is the perfect example of most bathrooms. A deep clean of your bathroom will ensure that the bacteria aren't allowed to grow and develop. Check out this article all about mold: **How To Get Rid Of Mold Simply And Easily From Your Home**
2. Let's face it, if you have children then you are going to have spillages, and getting these clean and smell-free is something you might tackle on a daily basis. I have always had a thing for keeping the front of the toilet free from any splashes as this is the first thing I notice when I walk into any bathroom, it is one of my pet peeves.

3. The dreaded mold happens due to a lack of airflow in our homes, and with the current trend of sealing up our houses to reduce running costs, we are encouraging the increase in potential mold growth. Deep cleaning can help to identify if your home needs more ventilation!

4. The bathroom sees many germs pass through the doors and keeping on top of these is challenging, if you have an illness in your home a good deep clean of the bathroom can help prevent them from spreading further.

5. A deep clean allows you to clean areas on a quick clean you might forget, typically, the drain, for me this is because it is the most disgusting job to do. However, keeping this clean will allow water to flow freely out of the drain. I will admit, that this is a job that I hate, but I know that I need to do this on a regular basis and this does reduce the yuck that accumulates, making the task an easier one.

Top Reasons To Clean

Number 5 in this section is one of the most important reasons to clean your bathroom, don't ever think you don't deserve a clean bathroom too.

1. Deep cleaning your bathroom regularly will allow you to keep an eye on potential maintenance issues or decorations that you need to address. I know there are areas that I need to address in my own bathroom and these tasks are in my home maintenance file.

2. Cleaning is a great exercise and this is just a great reason to get moving and have a clean bathroom too. Turn on the music and get moving to the beat of your favorite song.

3. Something for you to consider, as an adult, I know that it is part of the responsibilities in life to clean. I think it is important for my family to live in a home, where the germs in the bathroom could potentially cause harm to their health, cleaning prevents them from growing and spreading. **Why People With Clean Houses Don't Do These 16 Things**

4. If you schedule regular deep cleaning sessions, these won't take as long to do and the cleaning in between the deep cleaning won't be as difficult either! The more you clean the less you need to clean! That is my principal thought!

5. A clean bathroom looks and smells nice when you enter and you deserve to use a clean and smell-free bathroom too! It doesn't take long, you can even break the task down into different areas and tackle them on different days.

If you are looking for inspiration to clean your bathroom, then you should consider the point that you are worth the effort to use a clean bathroom. Yes, there is hard work in your immediate future but having a clean and germ-free space to wash and clean yourself and for your family to use is important. It's about having pride in yourself and in your home.

IV. Complete Bathroom Cleaning Checklist By Pros

Have you cleaned your entire house and are dreading cleaning your bathroom? Bathrooms are tough to clean as there is a lot of built-up dirt and dust, and in some cases, there is also mould and limescale to deal with. To help you clean your bathroom in the best and fastest way, you can follow these expert tips by bond cleaning services in Canberra:



1. Gather All Your Supplies

Firstly, you should gather all your cleaning supplies in a cleaning caddy to have everything in one place. Your cleaning caddy should include:

- Mop
- Vacuum
- Feather duster
- Microfiber cloth
- White vinegar
- Brush
- Baking soda
- Hydrogen peroxide
- Water
- Spray bottle
- Rubber gloves
- Cornstarch

- Dish soap
- Sponge

2. Declutter Your Bathroom

It would be best to start by removing all your surface items so that no dust falls on them, and you can clean all the hidden corners. Clean all your shelves and put all your bathroom essentials outside. It would be best if you also placed your waste basket outside so that you could clean the space around it. Next, shake your bath mats to eliminate all dust mites and loose dirt.

3. Dust All The Surfaces

Next, dust all your surfaces from top to bottom and left to right. Use a microfiber cloth and tie it at the end of the broom to reach high spots and hard-to-reach areas. It would be best if you dusted your showerheads, ceiling lights, exhaust fan and any shelves and windowsills. You should then take the exhaust fan out, clean each part separately with water and dish soap, and let it dry before putting it back.

4. Spray On Your Products

If you are using natural products like vinegar and baking soda, spray some of these solutions all over your floor and on your toilet bowl and seat and leave it for an hour. Experts who offer end of lease cleaning Canberra suggest you spray on your products in advance so that you have enough time to work on your bathroom areas.

Remember to use rubber gloves when using your products so that it does not irritate your skin. Also, if you are using bleach anywhere, you should not mix vinegar with it as it can cause chlorine gas that will irritate your eyes and nose and harm your health.

5. Clean Faucets And Handles

While the top natural cleaners, vinegar and baking soda, are working their magic, you should dip a wet microfiber cloth in dish soap and wipe down all the faucets and handles in your bathroom. You should clean all your fan blades, vents and shelves with this cloth and then dry the areas with a sponge or towel.



6. Clean Your Drain

Next, you must ensure your drain is not clogged to prevent leakage. Quality bond cleaning professionals in Canberra recommend that you pour white vinegar and baking soda down your drain. After ten minutes, pour boiling water down the drain to clean out this solution and prevent any blockages.

7. Scrub The Products Off

You can now scrub the vinegar and water solution baking soda from your floor and toilet bowl. Use a brush to scrub off any mould and condensation from your tiles, and then rinse the floor with a wet mop and leave it to dry.

Next, flush your toilet to remove the solution and disinfect the sides with vinegar. It would be best if you also used a microfiber cloth to scrub vinegar behind your toilet and underneath the seat as well. This will keep your toilet shining and sparkling.

8. Wipe All Your Glass Surfaces

You should also wipe down all your mirrors and shower glass surfaces with distilled white vinegar. Just spray on the solution and leave it for ten to fifteen minutes. Next, wipe it with wet cloth in circular motions from top to bottom and then use a squeegee to dry it and remove any streaks. You can also use cornstarch on your mirrors to remove any tough stains and make your glass shine.



9. Disinfect Your Bathroom

It would help if you now disinfected your entire bathroom using hydrogen peroxide. Spray some of this solution all over your toilet, floors, and surfaces to kill any harmful bacteria and viruses. If you don't have hydrogen peroxide, you can also disinfect your bathroom with white vinegar.

10. Put Everything Back

Lastly, once everything is dry and clean, you can put everything back in its place. Put back all your products on their shelves and place your bath mats back outside. You should also replace your garbage bag in the bathroom and put a fresh one in. Sprinkle some essential oil all around your bathroom to make it smell nice, and it is good to go.

The above tips will help you clean your bathroom from top to bottom and keep it clean and disinfected.

V. How To Build A Perfect Cleaning Kit (And Essential Cleaning Items You Can Purchase)



In order to maintain a spotless home, you'll need a cleaning schedule and a trusty cleaning kit to help you keep the place sanitary and tidy. It's likely you already own a

mop and a broom, but in order to attain a truly immaculate space, there are a few other tools you'll want to keep in your arsenal. Here are the items we consider essential for an at-home cleaning kit.

Cleaning Solutions To Meet Your Needs

1. Vacuum Cleaner

A vacuum cleaner is an essential appliance for eliminating dust, dirt, pet fur, crumbs and lint from the carpets and floors of your home. A standard model will definitely do here, but there are all sorts of modernized versions on the market, including robotic vacuums and cordless self-cleaning vacuums.

2. Quality Sponges

Sponges are a cornerstone of a good house-cleaning, and you'll want plenty of high-quality ones around to keep your place sparkling. We recommend buying a pack of sponges with an abrasive side made of plastic mesh, fiber, metal or even ground walnut shells so that you can eliminate any last speck of grime and muck.

3. Squeegee

Cleaning a bathtub or a shower is one of the most tedious chores known to man, but a squeegee makes the task a whole lot easier. This handy tool, combined with soap and water, uses a rubber blade to keep hard surfaces immaculate. Squeegees can also be used on windows, chalkboards and decks.



4. Spray Bottles

A spray bottle full of water is always helpful when cleaning your house (or getting your cat away from your succulents). But you might consider getting a few more so that you can make your own cleaning solutions, pesticides and air fresheners. We recommend buying glass bottles, which are more environmentally friendly than plastic and will last longer.

5. Scrub Brush

There are times when a sponge or a rag simply won't cut it, such as cases of caked-on food or other grime. In these situations, you're going to want a scrub brush with stiff, solid bristles so that you can efficiently remove muck from your home. We recommend a scrub brush with an easy-to-grip handle for a seamless cleaning experience.

6. Toothbrush

It's likely you already have an old toothbrush in your home. If you were on the verge of tossing it, though, consider giving it a second life as a miniature scrub brush for home maintenance tasks like cleaning grout, vents, sink edges and other small, inaccessible spaces. You'll find that a toothbrush, used in tandem with an all-purpose cleaner, is good for all sorts of non-dental tasks.

7. All-Purpose Cleaner

An all-purpose cleaner, true to its name, is tremendously useful in the washing of a wide variety of surfaces, including countertops, tabletops, appliances and car interiors. Keep in mind that this cleaning fluid cannot be used on fabrics like upholstery or curtains. You can buy an all-purpose cleaner at any grocery or home goods store, or look into making your own.

8. Cleaner

To target the specific job of cleaning reflective surfaces like windows and mirrors, you'll want to buy or make a glass cleaner, which is designed to keep these materials polished and shiny. Spray glass cleaner on the surface, and then use a rag or paper towel to wipe it clean.



9. Disinfectant

For germ-prone areas like your bathroom or your kitchen, you'll want a product more heavy-duty than the standard all-purpose cleaner. Designed to kill germs and bacteria, these products are essential for maintaining a healthy home. Spray some in the area

you are targeting, and wipe it down with a sponge, rag or paper towel. Be careful with disinfectant around food, though, as it is not safe for ingestion.

This type of product is great to use in your kitchen after mealtimes, particularly if raw meat has been involved.

10. Toilet Cleaner

Your toilet is a petri dish for germs, bacteria and grime. As such, it deserves its own heavy-duty cleaner, and luckily, there are plenty of great ones on the market. Once a week or so, squeeze some into your toilet bowl, and according to manufacturer instructions, let it sit for a while and work its magic. Then, use a toilet brush to scrub the whole thing down.

11. Toilet Brush

You don't want the brush you use to clean your toilet to touch any other surface in your home. So the right toilet brush will keep your home germ-free and be designed to fit neatly inside your toilet bowl for the most thorough clean possible. Try to buy one that comes with a stand so that any grime on its bristles is contained. Also be sure to replace it every six months or so.

12. Duster

Dust has a way of accumulating more quickly than seems scientifically possible. To combat this, you'll want to swipe dust-prone areas of your home, like blinds, mantles, windowsills and tabletops, every few days using a duster. It's an almost comically simplistic tool—feathers on a stick—but hey, it works.



CONCLUSION

Regular cleaning of your toilet will also prevent stains and unsanitary build up. If possible, keep a pack of disinfectant sanitary wipes on the top of the toilet to wipe the toilet seat before use. This is just an extra step to making sure you keep yourself and your family clean and safe from germs.

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