

10 dirty objects are tens of times more than the toilet that people often use everyday

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1. The "horrible" facts about the navel make you startled
2. Absolute personal items should not be shared

Money



Money everyone needs and likes but using them daily gives us dangerous pathogens. Because every time a person passes his hand, the number of bacteria on the money increases. According to a US study, in a dollar bill there are more than 120,000 bacteria.

Cellular phone



We often touch mobile phones but almost never clean them. According to Philip Tierno, a microbiologist at the New York University School of Medicine, the types of bacteria and viruses originating from the skin, respiratory tract and feces such as E. coli, Staphylococcus aureus staph methicillin (MRSA), Streptococcus streptococcus . often present on mobile phones.

1. Instructions for cleaning touch screens for phones and tablets

Piece dishwashers



According to microbiologists, the dirtiest item in the house is a sponge used to wash dishes in the kitchen because it is full of bacteria. The warm and humid environment contains many leftover pieces of food, making it ideal for bacteria to grow and develop.

More than 75% of dishwashing foam pads are contaminated with coliform bacteria, Salmonella and E. coli. Campylobacter, the most intestinal pathogenic bacteria in the US, according to a report by the US National

Hygiene Organization (NSF). These dangerous bacteria are also often found on kitchen rags.

As recommended by the expert, you should wash your handkerchief, sanitary napkin after two days of use.

Bed



Long bed sheets do not contain sweating, dead skin cells, even "sensitive mucus", are suitable environments for fungi and bacteria to grow. Experts recommend that we wash and change bedding and pillows once a week.

1. 3 easy steps to clean the mattress bed properly

Hand holding trolley



Customers in grocery stores or supermarkets come in contact with everything including raw meat. The bacteria on their hands can be transferred to the handle of a shopping cart and vice versa. According to a University of Arizona study, the number of bacteria on the trolley's handles is much more than saliva, which is more debris from people than handrails, public phones or public bathrooms. We should wash our hands after going shopping.

Door knob



Door knobs, especially in offices, offices or in public places that are touched by many people but are not cleaned regularly will quickly become microbes.

Hand holding toothbrush



64% of toothbrush handles contain yeast and mold, 14% of toothbrush handles contain staph bacteria. The reason is that the air in the bathroom contains many viruses and bacteria originating from the toilet.

Keyboard



We use a computer keyboard throughout the working day but forget to clean it, making it a place full of bacteria and germs. Some studies have also shown that keyboards can contain more pathogens than the toilet. Therefore, every morning before using the computer keyboard you should clean them clean.

1. Instructions on how to clean the laptop keyboard yourself

Control TV



In the process of getting your hands dirty but you took the remote to switch the channel on the TV and then throw it away anywhere, not watching it clean or dirty. This causes the controller to infect different types of bacteria such as MRSA, VRE and SARS from others or spread the bacteria to others.

Dish wash basin



Dirty dishes, raw meat, vegetables . are washed at the sink to make this place always wet and become a breeding ground for bacteria. According to the study, around the drainage hole, every 1 square inch, there are up to 500,000 bacteria.

You should clean the kitchen sink daily and regularly pour it into a water dispenser half a cup of soda powder, a half cup of vinegar and hot water.

1. This way you can remove all deposits from the sink and faucet

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