

Tips to keep your refrigerator clean

Refrigerators are an essential item in every household today. However, if your refrigerator gives off the following signals, it is very likely that it is bringing a nest of diseases to your whole family.

Refrigerators are an essential item in every household today. Its main function is to preserve fresh food for a long time. However, **if the refrigerator emits the following signals, it is very likely that it is bringing a nest of diseases to your whole family .**



Signs that your refrigerator contains bacteria that are harmful to your health

The refrigerator smells bad.

This is one of the most recognizable signs of a contaminated refrigerator. The reason it smells bad is usually because the food inside has spoiled. If you do not handle it promptly, harmful bacteria such as Salmonella, E. coli or Listeria can easily spread to other foods, causing serious digestive diseases, even cancer.

Food spoils quickly even when stored properly.

In principle, if you set the right temperature and store food properly in the refrigerator, it will stay fresh and not spoil, at least 1 week. However, if you find that food spoils too quickly, check the refrigerator immediately. The main reason why food spoils quickly is because the temperature in the refrigerator is unstable, so it cannot slow down the growth of bacteria.

Food that spoils quickly in the refrigerator can easily cause bacteria to contaminate the device, causing food poisoning. If you are not lucky enough, your food will no longer have the same nutritional value as before.



Mold or slime appears in the crisper drawer

Mold often appears in places with the most bacteria. The vegetable compartment is one of them. However, if the refrigerator is working properly, this rarely happens. On the contrary, if you see this sign, quickly clean the refrigerator and maintain it regularly.

Mold in the refrigerator can bring many bacteria to other foods nearby. In particular, mold produces toxic substances such as aflatoxin, which can cause cancer and affect the liver and kidneys. In addition, not treating mold can also cause respiratory problems when mold spores are inhaled.

The drain tray is cloudy and smelly.

If the refrigerator is clean, the water in the drain pan will be clear and have little odor. However, if it is cloudy, black and has an unpleasant odor, your refrigerator is harboring a nest of bacteria from food storage. Bacteria from this drain pan can affect the food in the refrigerator, making you susceptible to illness.

In this case, review how to clean and maintain the refrigerator.

The refrigerator is too noisy.

This is a sign that the refrigerator's motor system is having problems. It is the cause of the unstable heating system in the refrigerator, causing food to spoil quickly and creating a source of illness for you.



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Keeping your refrigerator clean is key to preventing health risks. Here are some easy tips to follow.

1. Clean regularly: Wipe shelves and drawers with a mixture of vinegar and water to kill bacteria and eliminate odors.
2. Weekly Cleanout: Remove expired or spoiled items to make room for fresh groceries.
3. Organize efficiently: Use clear containers to store leftovers and label with dates to track freshness.
4. Check the temperature: Use a thermometer to make sure your refrigerator stays below 40°F.
5. Dust Coil: Clean the condenser coil every six months to improve performance and reduce the risk of dust mites.
6. Check the gasket: Make sure the door gasket is clean and free of cracks to maintain proper temperature.

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