

When going to a public toilet, you should choose this room because it is 'clean'

The American doctor has revealed what is the most clean bathroom toilets in the series of public toilets.

Today public toilets appear everywhere from shopping malls, to the streets or parks. These public toilets help us to solve the problem of toileting and especially help the environment more green, clean and beautiful. However, besides the benefits that public toilets bring, it also has many potential dangers such as less cleanliness or potential pathogens. But in urgent cases we still have to use, if forced to use we should choose this toilet because they are "clean" most?

Recently an American doctor revealed an interesting information on the Health Care Share Care forum.



That is to choose which bathroom is least used by everyone, it may be "cleanest". But public toilets, how to know which rooms are the least used. The answer for you is that the first chamber near the toilet door is usually the least used.

According to Dr. Oz, most people often have the habit of going to the toilet room to avoid using the first chamber and often choosing the middle or last chamber because they want to be more comfortable and private.

Mehmet Oz shared: "People often think the first toilet is dirty but the truth is that they are the least used, so choose it to avoid infection".



According to many scientific studies published in New York magazine, the psychology of our people when going to the toilet is very different as women often prefer to choose the last toilet, while Any room is male, sometimes right into the first chamber because "lazy" goes down to the end.

So if you are a person who likes cleanliness and often "afraid of dirty", practice changing your habits a bit so you can safely use public toilets!

Besides, doctors also point out some methods to help you limit the spread of bacteria when entering public restrooms such as:



1. Do not directly touch the toilet toilet wipers, but use toilet paper or paper towels to touch it and wip it, avoiding infection.
2. After going to the toilet, you should wash your hands with antibacterial soap properly, after washing, you should also use paper to turn off the faucet and not use it directly.
3. If possible, open the toilet door with a tissue or elbow to prevent bacteria from spreading to your hands.
1. After washing your hands, many people have a habit of putting their hands in the dryer to quickly dry their hands, but this way is really not good, it will cause bacteria to cling to their hands more, so if possible, avoid using a dryer Hands.

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