

# health hints

## Fight Flu And Cold Germs

(NAPSA)—According to the Centers for Disease Control and Prevention, Americans get an average of four colds a year. With 65 percent of them caught at home, the kitchen is often the most common breeding ground for germs.

These tips can help your kitchen get a “clean bill of health”:

**1.** Make sure all the things that are commonly touched are disinfected on a daily basis, including faucets, cabinets, the microwave and refrigerator. Other culprits are light switches, telephones, keyboards and remote controls.



**To fight germs, forgo the “kitchen towel” and use disposable antibacterial wipes on surfaces you touch most.**

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**2.** Because germs like moisture (the highest bacteria counts are found in sinks, mops and sponges), pop sponges in the microwave on high for one minute daily.

**3.** There is a difference between cleaning and disinfecting, say the pros at Merry Maids. Cleaning means removing dirt, whereas disinfecting means the removal of germs; therefore:

- Disinfect countertops weekly with a mixture of one part bleach to three parts warm water and use disinfectant wipes in between.

For more cleaning tips and information, visit [www.Cleanaphoria.com](http://www.Cleanaphoria.com) and for more information on Merry Maids visit [www.merrymaids.com](http://www.merrymaids.com).