

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 anti-bacterial wipes on surfaces you touch most.

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 and for more information on Merry Maids visit www.merrymaids.com.