

Mayo Clinic Minute: How dirty are common surfaces?

Video	Audio
	Most of us aren't aware we are doing it.
	We touch our face between three to 30 times an hour.
	The problem, says Dr. Gregory Poland, is what we touch beforehand is often riddled with germs.
Gregory Poland, M.D. Vaccine Research Group Mayo Clinic	"Bathroom faucets, door handles, escalator rails, computer terminals, anything that is commonly touched by the public."
	But how germ-filled are common objects? Let's start with money.
	"Bad but not highly transmissible."
	Touchscreens, devices, phones?
	"Bad."
	Restaurant menus?
	"Really bad."
	Doorknob handles?
	"Really, really bad."
	What about our computer keyboards?
	"Those have been shown over and over again to be really grossly contaminated."
	These common surfaces aren't just gross. They can be a vehicle to spread cold and flu viruses, and make us sick. Dr. Poland offers these suggestions.
	"First, keep your hands out of your eyes, nose and mouth. Second is either wash your hands with soap and water, or use hand sanitizer."
	And make sure you get your annual flu vaccine.
	For the Mayo Clinic News Network, I'm Jason Howland.