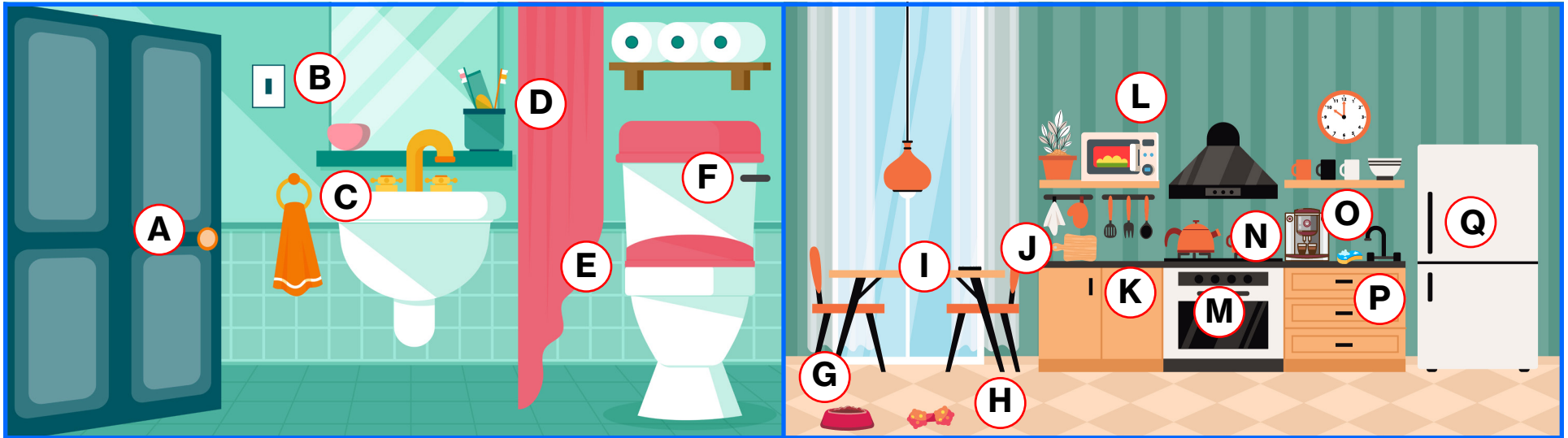


# 17 Germiest Things in Your Home

What do you think is the germiest item in your home? In this activity, take a look at the images below. Each image has a letter next to an item within a typical household that is considered “germy”. Rank the items from most to least (1-17) germs. Number 17 has been done for you. Check out the answer key on the next page as well as germ counts and recommended cleaning methods.



## List of Household Items

- |                           |                        |
|---------------------------|------------------------|
| A. Bathroom Doorknob      | J. Cutting Boards      |
| B. Bathroom Light Switch  | K. Kitchen Counters    |
| C. Bathroom Faucet Handle | L. Microwave Handle    |
| D. Toothbrush Holder      | M. Stove Knobs         |
| E. Toilet Seat            | N. Coffee Reservoir    |
| F. Toilet Handle          | O. Dish Sponge         |
| G. Pet Bowl               | P. Kitchen Sink        |
| H. Pet Toy                | Q. Refrigerator Handle |
| I. Remote Control         |                        |

## Ranked Items

- |          |                       |
|----------|-----------------------|
| 1. _____ | 10. _____             |
| 2. _____ | 11. _____             |
| 3. _____ | 12. _____             |
| 4. _____ | 13. _____             |
| 5. _____ | 14. _____             |
| 6. _____ | 15. _____             |
| 7. _____ | 16. _____             |
| 8. _____ | 17. I. Remote Control |
| 9. _____ |                       |

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Object (Rank in Descending Order)	Germ Count	Recommended Cleaning Method
<b>17. Remote Control</b>	57 CFU per 10 sq. cm	Use an antibacterial wipe or spray an antibacterial cleaner on a cotton pad or swab to rid the controller of contaminants. Do not spray directly onto the remote control.
<b>16. Refrigerator Handle</b>	97 CFU per 10 sq. cm	Clean with an antibacterial surface cleanser.
<b>15. Toilet Handle</b>	107 CFU per 10 sq. cm	Use a disinfectant wipe to scrub it down before allowing it to air dry.
<b>14. Microwave Handle</b>	202 CFU per 10 sq. cm	Use an antibacterial cleanser.
<b>13. Bathroom Light Switch</b>	219 CFU per 10 sq. cm	Apply antibacterial cleaner to a cloth, cotton swab, or cotton pad and wipe it down. Do not spray directly onto the light switch.
<b>12. Bathroom Doorknob</b>	257 CFU per 10 sq. cm	Most metal, glass, and wood door handles can be sanitized with antibacterial sprays.
<b>11. Toilet Seat</b>	515 CFU per 10 sq. cm	Use a disinfectant spray on both the exterior and interior sides of the toilet seat once a week. After letting it sit for 10 minutes, use a clean cloth to wipe away any condensation that remains.
<b>10. Cutting Boards</b>	713 CFU per 10 sq. cm	If your plastic or glass cutting boards are dishwasher safe, feel free to clean them using the sanitize cycle. If they are wooden, it is recommended to use white vinegar or three percent hydrogen peroxide to sanitize them.
<b>9. Stove Knobs</b>	992 CFU per 10 sq. cm	Spray on an antibacterial cleaner and allow it to dry as per manufacturer instructions. Also remove the knobs and clean their underside and the area where they attach to the stove.
<b>8. Kitchen Counters</b>	4,590 CFU per 10 sq. cm	Hot water and dish soap can help clean visible debris (and some bacteria) off your counters. To sterilize them, use a product specifically designed for your type of counter.
<b>7. Pet Toy</b>	14,121 CFU per 10 sq. cm	Place soft toys in the washing machine on hot to rid them of bacteria; most rubber toys can be put in the dishwasher. Do not spray cleaning products directly on your pet's toys or you might inadvertently harm them.
<b>6. Bathroom Faucet Handle</b>	17,976 CFU per 10 sq. cm	Spray on an antibacterial bathroom cleanser and allow it to dry thoroughly.
<b>5. Coffee Reservoir</b>	548,270 CFU per 10 sq. cm	Do a monthly vinegar rinse through the machine, followed by a hot water wash, and run any dishwasher-safe parts through a high heat wash cycle.
<b>4. Pet Bowl</b>	1,476,612 CFU per 10 sq. cm	Wipe up any visible grime with a paper towel or clean cloth and then put them in the dishwasher for a high heat wash.
<b>3. Toothbrush Holder</b>	2,465,876 CFU per 10 sq. cm	Wipe it out and pop it in the top rack of your dishwasher for a hot water clean.
<b>2. Kitchen Sink</b>	11,381,285 CFU per 10 sq. cm	Clean up any visible debris and wipe it with a bleach solution or spray an antibacterial cleaner on it. Follow the manufacturer's instructions regarding how long it should remain on the surface before wiping it up.
<b>1. Dish Sponge</b>	362,631,038 CFU per g	Replace your sponge frequently. You may also wash your sponge using bleach and hot water in your washing machine.