

HINTS FOR HOMEOWNERS

Speed Clean Your Way To A Healthier Home

(NAPSA)—To keep your home healthy, says Dr. Jim Sears, pediatrician and co-host of the new TV show “The Doctors,” sporadic cleaning is not enough. “Regular disinfection is the best defense,” says Dr. Sears. “While cleaning removes the dust and debris that have settled on a surface, disinfection eliminates the hidden germs that can make your family sick.”

Fortunately, helping protect your family from germs doesn't have to be a chore. Dr. Sears has time-saving tips and techniques for busy families that don't want to lose precious time with the ones they love.

Know Where Germs Are Hiding

Germs often lurk in what appear to be the cleanest places in the home. A recent study found that the germ most commonly responsible for serious staph infections was found in 26 percent of bathtubs versus 6 percent of garbage cans.

Keep Supplies Organized

Store all your tools for cleaning and disinfection in a portable caddy to help you quickly and conveniently move from room to room.

Never Go Around A Room Twice

Start in one corner and work your way around to the other end. Go from the top of the room to the bottom in an orderly fashion to avoid having to retouch what you've already cleaned.

Kill Germs With The Swipe Of A Wipe

A recent survey by the Hygiene Council found that four out of 10 Americans admitted to regularly cleaning their kitchen surfaces with a dish towel or sponge, both of which can harbor and spread bac-



teria. Prevent the spread of bacteria and speed up cleaning by using premoistened disinfecting wipes to quickly and effectively kill germs. Store disinfecting wipes around the house as they are convenient for routine touch-ups.

Rally The Troops To Conquer Cleaning

Get the whole family involved in the cleaning process. After all, toys host a dangerous range of bacteria. Ask your kids to pick out the plastic toys they use most. Then spray or wipe the toys with a disinfectant before rinsing them in warm water. Once the toys air-dry, they are ready for play.

Cut Down On Germs With Targeted Disinfection

Some viruses can survive on commonly touched surfaces for up to a full month. Take 10 minutes a week to disinfect surfaces your family touches every day, including doorknobs, light switches, toilet flush handles, faucets and drains with a powerful disinfectant such as Lysol® Disinfectant Spray.

For more information about germ hot spots, you can visit the Hygiene Council at www.hygiene-council.com or visit www.homesolutionsnews.us/house for more helpful cleaning tips and techniques.