

HINTS FOR HOMEOWNERS

Harmful Bacteria May Hide On Soft Surfaces In Your Home

(NAPSA)—Your family may not be the only ones getting comfy and cozy on the sofa. The soft, comfortable places where families relax and play at home can harbor thousands of bacteria. In fact, *Staphylococcus* bacteria can live on soft surfaces for 24 hours.

“Bacteria can be found just about everywhere around the home—on both hard and soft surfaces alike,” says pediatrician Dr. Laura Jana. “While many families take aim at bacteria on hard surfaces such as kitchen and bathroom countertops, soft surfaces tend to fly under the radar during cleaning routines.”

Some commonly overlooked household soft surfaces include:

Sofas—Since kids spend a significant amount of time playing, sleeping and eating on the sofa, bacteria tends to accumulate on this piece of furniture. However, a recent survey from the Hygiene Council found that the majority (61 percent) of Americans sanitized their sofa only a few times, if at all, since it was purchased.

Mattresses—Families commonly think that washing their sheets is enough to keep their beds clean. However, people shed bacteria-harboring skin cells onto their mattress each night when they sleep, which becomes especially problematic when someone is sick.

Pillows—Any surface where people rest their heads is bound to be filled with bacteria, especially surfaces that are consistently used, such as pillows. The mouth, nose and ears are vulnerable orifices that rub against pillows and pick up bacteria left behind by previous users.



Eliminate bacteria hiding in the soft surfaces in your home.

Fabric Shoes—Shoes are in constant contact with the ground, which is known to be one of the dirtiest surfaces, but it's not just the sole of the shoe that collects grime. The fabric surface on shoes also harbors bacteria that is easily transferred when tying your laces or slipping on your heel.

Car Seats—While their purpose is to offer protection on the road, unexpected danger can be found lurking in the fabric covering of car seats. They often catch crumbs and absorb spills that can accumulate over time.

The best way to help protect your family from bacteria on these soft surfaces is to spray them regularly with a product such as Lysol® Disinfectant Spray. It kills 99.9 percent of illness-causing bacteria on soft surfaces and is the No. 1 pediatrician recommended brand.

For more information on proper disinfection and sanitizing routines, families can visit the Centers for Disease Control and Prevention Ounce of Prevention campaign, located online at www.cdc.gov/ounceofprevention, or www.lysol.com.