

# Germs can travel up to 130km per hour **WHEN YOU SNEEZE!**<sup>1</sup>



## Have you heard of the **SNEEZE EFFECT?**

Flushing the toilet gives rise to clouds of tiny water droplets, which potentially contain micro-organisms associated with urine and faecal matter, thus spreading bacteria and viruses into the air, and infect people in the washroom.<sup>3</sup>

**1 million**

Over 1 million bacteria stay alive after a toilet has been flushed!<sup>3</sup>

**7 hours**

In just 7 hours, one bacterium can generate 2,097,152 bacteria<sup>1</sup>

**376 bacteria**

A swab test on an office washroom's toilet seat shows a bacteria count of 376 (healthy range: below 200)



## Good washroom habits **MINIMISES RISK OF INFECTIONS**

**FLUSH** the toilet with the lid down after use

**USE** a toilet seat cleaner before sitting

**INSTALL** a sanitiser to minimise bacteria and germs



### **DID YOU KNOW?**

Toilet seat and flush buttons are home to bacteria associated with contamination<sup>3</sup>



30% respondents do not wish to sit on a toilet seat as it might be contaminated<sup>2</sup>

Toilet seats contain harmful bacteria such as *E-Coli* and *Salmonella*. They cause food poisoning and urinary tract infection<sup>3</sup>



### **REMEMBER TO SCENT YOUR WASHROOM**

47% of people believe if air smells, it contains large amount of bacteria. Always scent your washroom to keep it smelling fresh!



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## References

<sup>1</sup><http://emetophobiarecovery.com/germs-guide-one/>

<sup>2</sup>Harris Interactive demographic study on hygiene behaviour base on 5,500 respondents in Australia, UK, Germany, France and Singapore, 2015

<sup>3</sup>[http://www.housekeepingchannel.com/a\\_783-Do\\_Toilets\\_Sneeze](http://www.housekeepingchannel.com/a_783-Do_Toilets_Sneeze)