

Our Health Ministry articles are back after a summer break! Here's a gross, but interesting, article to get you back into the swing of things:

Dirtier Than A Toilet by Lynn Hutley

Cell phones are everywhere, and we use them all of the time. So it might not be surprising to learn that they are carrying quite an army of germs.

More specifically, a study conducted by the University of Arizona found that cell phones carry 10 times more bacteria than most toilet seats.

It makes sense when you think about it – you probably have a routine for cleaning your toilets, but what about other common items in your home like shoes, remote controls and cell phones?

If the idea that one out of every six smartphones was found to have fecal matter on it creeps you out (thanks for that study, London School of Hygiene & Tropical Medicine), here are some things you can do to combat the germs.

First and foremost, **wash your hands.**

“The best thing you can do to fight germs is to simply wash your hands,” says Laurel Mode, Advocate Nurse and infection preventionist at Advocate BroMenn Medical Center in Normal, Ill. “Basic hand hygiene protects you and the people around you, including those who you might be sharing your phone with.”

Keep your phone out of the bathroom. Waste particles are known to float around in the air after a flush.

Make an effort to clean your phone. There are various microfiber cloths and even UV ray sanitizing devices available on the market for cleaning your phone.

Susan Whittier, director of clinical microbiology at New York-Presbyterian and Columbia University Medical Center, told TIME magazine that dipping a cloth into a solution of 60 percent water and 40 percent rubbing alcohol and wiping it gently across your phone can be used to “deep clean” your phone.

(Advocate Health Enews, 9/7/17).

Wishing you joy and good health,
Mary Bohlen RN
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Blood pressure readings have resumed. See us in the Infant & Toddler Room in the rear of church on the 1st and 3rd full weekends of every month September – May.

The service is free of charge and currently is limited to those Masses that have a volunteer to perform readings. If you are trained in taking blood pressures and would like to offer your services, please contact Mary Bohlen using the e-mail address listed above we'd love to have you on the team!