

Health Highlights Swipe and wipe | Bathroom health risks (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

IT'S NOT JUST A WASTE OF TIME ANYMORE. NOW – HEALTH PROFESSIONALS ARE WARNING THE PUBLIC ABOUT A NUMBER OF HEALTH CONCERNS THAT CAN COME WITH SITTING ON THE TOILET TOO LONG AND SCROLLING ON YOUR CELL PHONE.

MANY PEOPLE HAVE GOTTEN INTO THE HABIT OF TAKING THEIR PHONE INTO THE BATHROOM WITH THEM AND SCROLLING TIKTOK OR INSTAGRAM WHILE THEY DO THEIR BUSINESS. KAYLIN HEINZ – AN INFECTION PREVENTIONIST R-N AT OSF HEALTHCARE – RECOMMENDS MAKING THE MENTAL DECISION TO NOT EVEN TAKE YOUR PHONE WITH YOU.

A SIMPLE FLUSH DOESN'T GET RID OF THE NASTINESS THAT IS COMMON IN THE RESTROOM. ESPECIALLY WITH BATHROOMS THAT HAVE SHOWERS AND BATHTUBS IN THEM... THE MOISTURE IN THE ROOM CAN LEAD TO BACTERIA... FUNGI AND VIRUS GROWTH... NOT JUST INSIDE THE TOILET... BUT ON ALL BATHROOM SURFACES. HEINZ CALLS THESE A “BREEDING GROUND” FOR GERMS.

TAKE SOT | KAYLIN HEINZ | INFECTION PREVENTIONIST RN | OSF HEALTHCARE

"With sitting and scrolling, you're sitting there for long periods. Your hands are probably dirty before you go to the bathroom, because you're typically not washing your hands before you go to the bathroom. Then when you're sitting on the toilet, you're probably setting your phone down on a surface area that has germs. Then you'll wash your hands, which you'll typically think your hands are clean, but they're not. Then you wash your hands and pick up the phone that was on the surface with germs, and now your hands are dirty again. And you're picking up the germs, taking them elsewhere, and spreading them to other people."

DOES YOUR TOOTHBRUSH HANG OUT ON THE BATHROOM COUNTER? YOU MIGHT WANT TO RETHINK THAT. HEINZ SAYS IF IT'S NOT PUT AWAY SAFELY... IT LIKELY HAS FECAL MATTER ON IT. ANOTHER TIP SHE SAYS – IS TO CLOSE THE LID BEFORE FLUSHING. IT HELPS KEEP THE GERMS INSIDE AND NOT AEROSOLIZE ACROSS THE ROOM.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN.)>>