

What Can You Catch From Restrooms?

You don't have to be a germaphobe to fear the restrooms at the baseball stadium, local McDonald's or shopping center. The common cold, E. coli and hepatitis A all lie in public toilets and sinks, waiting to pounce on you. Despite many scientific studies stating that these and many other bacteria are ever-present in washrooms, is there any real chance of you catching something serious?

Let's face it; the majority of people who read this article do not wash their hands when they stop for a bathroom break at the office. It's a sad fact, but the wife was right; we are dirty slobs. We use the urinal and, with other things on our mind, we splash some water on our hands, wipe them on our Dockers and head out.

In that two-minute trip to urinate, not only did we leave tons of germs on every surface we touched, a lot of germs attached themselves to us. What follows are some tips on how to maintain good hygiene in public washrooms as well as the straightening out of some tall toilet tales.

what can you catch?

The facts can appear grim. From a common cold to stomach flu viruses, bad things lurk on sink surfaces, hand dryers and toilet seats. Without proper care, you're at risk of being bedridden for weeks with a multitude of diseases like the nasty-sounding streptococcus (a form of strep throat and meningitis), E.coli, hepatitis A, and staphylococcus (the virus behind food poisoning and a form of pneumonia).

It is highly possible that that strange cold you caught in the middle of the summer was transmitted to you through a public washroom. Despite these true risks that exist everywhere you go to drain your main vein, not many people are willing to pull a Howard Hughes and disappear from society.

your first line of defense

There are many simple things that protect you from airborne and surface bacteria, the most powerful being your own immune system. People in decent to excellent health can afford to be reckless more often than the very young or the elderly.

While it is obviously unsanitary to not wash your hands after touching dirty surfaces, more often than not, you will come away unscathed. Your body is tough enough. Yet, when your system is already down from allergies or a cold, any introduction of pesky bacteria can extend your sick leave from days to weeks.

Can you catch gonorrhea or chlamydia?