

# Adulting 101: Germ Busters

## Cheap and Environmentally Friendly Cleaning Products to Combat Germs



### Glass Cleaner

#### Aunt Fannie's Glass and Window Cleaner

Replacement for Windex. \$9 on Amazon  
DIY Option: Fill a spray bottle with water and ¼ cup of white vinegar or 1 tbs of lemon juice.



### Multi-Purpose Cleaner

#### Bon Ami Powder Cleanser

Replacement for Comet or Ajax.  
\$8 on Amazon!  
Great for showers, tubs, and sinks



### Surface Cleaner

#### Seventh Generation Disinfecting Spray

Replacement for Pine-Sol. \$5 at Loblaws!  
Good for any surface

## The NASTY 9

### The Germiest Places in Your Room



Toothbrush Holders

Dish Sponges and Rags



Bathroom Sink Faucet Handles



Doorknobs

Kitchen Sink



Light Switches

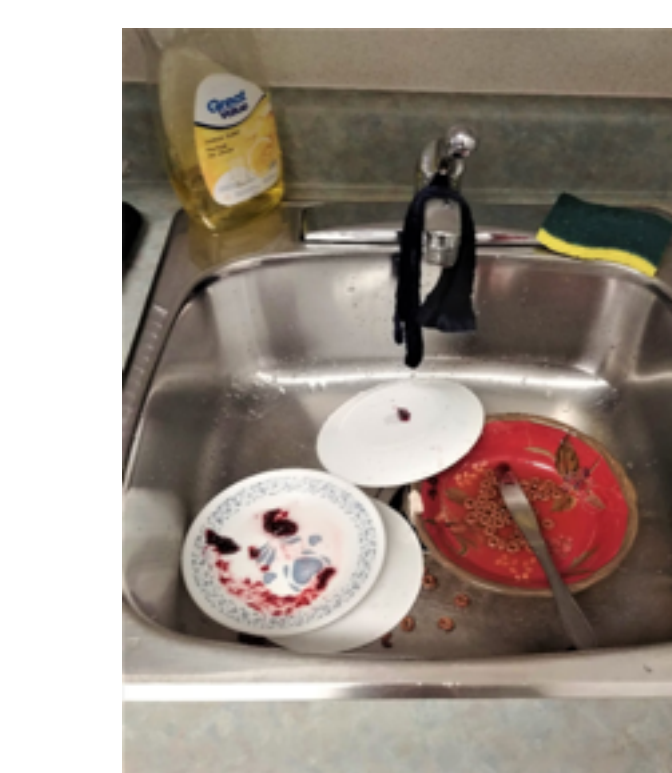
Stove Knobs



Technology:  
Keyboards,  
Cellphones,  
Remote Controls,  
and more



Countertops



## So How Do YOU Prevent the Spread of Germs?

Clean at least once a week. As a student, it can be hard to find time to clean, but cleaning for 30 minutes once a week is very manageable.

If your living space stays clean, it lowers your risk of getting sick and having to miss out on important lectures!

By cleaning the household items listed once a week, this will help prevent the spread of germs from the Nasty 9, to you.

Using the cleaning products that are shown, you can prevent contracting bacteria such as: coliform, mold, yeast, E. coli, and staph. All of which could be found in the household areas listed.

The bacteria listed can cause diarrhea, vomiting, fever, etc.

So, don't procrastinate cleaning your room! It's easy and can be a relaxing way to get your mind off of school-work.

