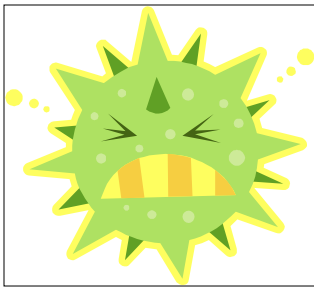


# GERMS IN THE KITCHEN

**SALUD WIC CLINIC  
MCMINNVILLE, OR**

## Germs: Where Are They

Germs are microorganisms that can cause diseases in those with lowered immune



The Pesky Germ

systems. Those who are often at risk for getting sick from germs

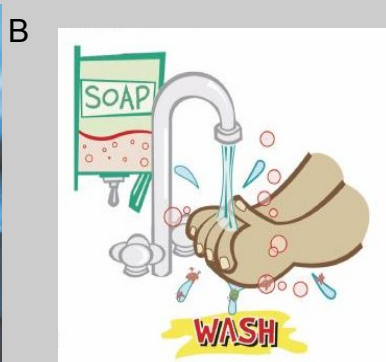
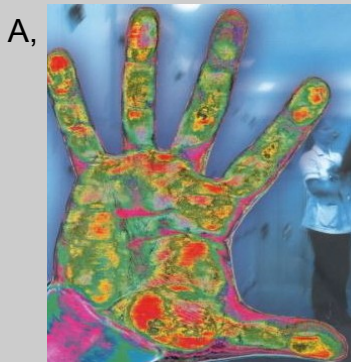
are: women who are pregnant, the elderly, and those with suppressed immune systems. Germs can be found in many places throughout the house.

But the biggest germ culprits are found in the kitchen. Some common places that these organisms can be found are on sponges, dish clothes, counters, sinks, cutting boards, refrigerators, freezers, microwaves, and dishwashers. It is important to know where

the main culprits are so that families and children can be protected.



## Match each of the following pictures with the best description:



1. Washing hands properly is a great way to kill germs
2. Germs can be found on the hands
3. Using soap is a key step to washing hands properly

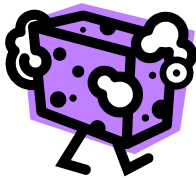
## Fight Back Germs

The whereabouts of germs is now known. But what can be done to keep the kitchen cleaner and have an environment that does not promote germ growth.

The following information is specific for each germ containing item.

### SPONGES:

To keep sponges clean it is a good idea to clean the sponges in the microwave. To do this take a wet sponge and place it in the microwave for one minute. Make sure the sponge is wet or else it will catch fire in the microwave.



### DISH TOWELS:



It is a good idea to only use dish towels for the day and to get a new towel at

the beginning of each day, in order to minimize growing germs.

### COUNTERS:



Clean counters with a solution of 1 tablespoon on bleach and 1 gallon of water. Pour it on the counter and leave for a few minutes then either dab dry with a towel or let air dry. No rinsing necessary.

### SINKS:



Sinks are germ infested. It is a good idea to clean the sink with cleaner every once in a while and to avoid filling the sink and washing vegetables in them. Try washing vegetables in a clean bowl instead.

### FREEZERS:

Keep below 0° F to avoid germ growth.

### CUTTING BOARDS:

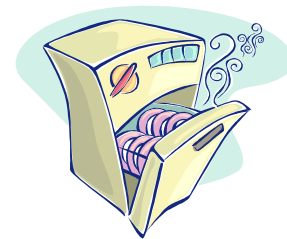


To keep cutting boards clean try washing them in the dishwasher or with soap and water. And make sure to throw away cutting boards that cannot be cleaned because of gashes or cuts in them.

### REFRIGERATORS:

Clean inside with soap and water and make sure the temperature is below 40° F.

### DISHWASHER:



Germs can grow on the seals of dishwashers. To get rid of these germs you can clean the black seals with bleach to get rid of these germs.