### Mayo Clinic Minute: How dirty are common surfaces?

**Video**

Most of us aren't aware we are doing it.

We touch our face between three to 30 times an hour.

**Audio**

The problem, says Dr. Gregory Poland, is what we touch beforehand is often riddled with germs.

<table>
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<th>Gregory Poland, M.D. Vaccine Research Group Mayo Clinic</th>
<th>&quot;Bathroom faucets, door handles, escalator rails, computer terminals, anything that is commonly touched by the public.&quot;</th>
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| "But how germ-filled are common objects? Let's start with money."
| "Bad but not highly transmissible."
| "Touchscreens, devices, phones?" |
| "Bad."
| "Restaurant menus?" |
| "Really bad."
| "Doorknob handles?"
| "Really, really bad."
| "What about our computer keyboards?"
| "Those have been shown over and over again to be really grossly contaminated."
| "These common surfaces aren't just gross. They can be a vehicle to spread cold and flu viruses, and make us sick. Dr. Poland offers these suggestions."
| "First, keep your hands out of your eyes, nose and mouth. Second is either wash your hands with soap and water, or use hand sanitizer."
| "And make sure you get your annual flu vaccine."
| For the Mayo Clinic News Network, I'm Jason Howland. |