



#stayhealthy

Restroom Hygiene

For the sake of others is what people used to read in restrooms – a friendly reminder to use the toilet brush or the scented spray. Today we say: **For your own sake!**

Disinfecting the toilet seat before sitting on it can prevent infection through contact and protect you from gastrointestinal infections.



Take a few sheets
of toilet paper.



Dampen with
disinfectant.



Wipe toilet seat,
let it dry,
done!

