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## OVERVIEW

Bathrooms carry bacteria and viruses, all of which can cause illness and many of which can lead to death. The following are some of the germs and the symptoms of infection that can be found in the bathroom.

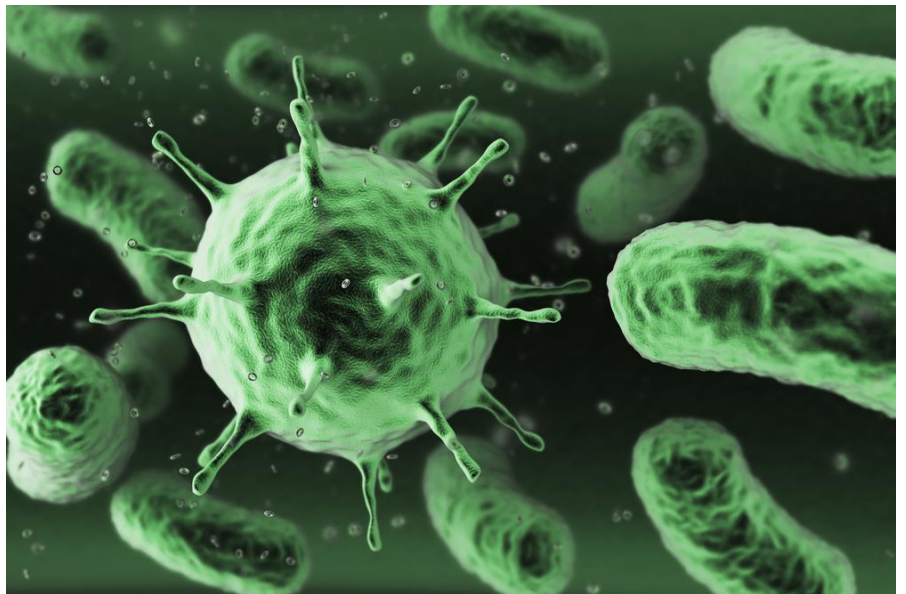
### STREPTOCOCCUS (STREP)

- Strep Throat
- Toxic Shock Syndrome
  - High fever
  - Vomiting
  - Diarrhea
  - Muscle aches
  - Low blood pressure
  - Shock
  - Death
- Severe pain and swelling
- Fever
- Rheumatic fever
  - Leads to heart valve damage and inflammation of the kidneys



### STAPHYLOCOCCUS (STAPH)

- Skin infections
  - Crusting of the skin
  - Inflammation of the deeper layers of skin  
Scalded skin syndrome
  - Boils
- Staphylococcal food poisoning usually lasts 3 days
  - Nausea
  - Vomiting
  - Diarrhea
  - Dehydration
- Toxic shock syndrome



### E. COLI

- Diarrhea

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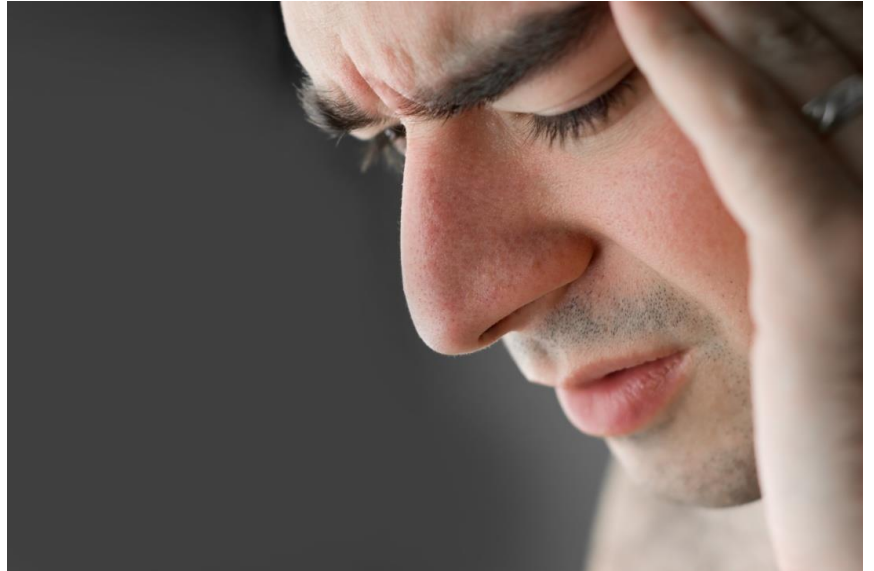
- Bloody diarrhea
- Stomach cramps
- Nausea and vomiting
- Dehydration
- May lead to kidney problems

## HEPATITIS A

- Fatigue
- Yellowing of the skin
- Dark urine
- Nausea and vomiting

## HAND-FOOT-MOUTH DISEASE

- Fever
- Headache
- Loss of appetite
- Rash with tender and painful blisters
- Ulcers in the throat



## PREVENTING THESE DISEASES

Although the bacteria and viruses will always be part of bathrooms because of its purpose, there are steps you can take to protect your health:

- Wash your hands
  - Use soap and water
  - Wash for about 20 seconds (about the time it takes to sing "Happy Birthday" twice)
- Keep your bathrooms clean
  - Clean your bathrooms at least once a week
- Flush the toilet with the seat closed if possible
  - Flushing the toilet propels germs into the air
  - If you don't have a toilet lid, stay away from the toilet when it's being flushed



## CONCLUSION

There are a lot of nasty things that can be passed to a person in the bathroom, including E. coli and staph infections. However, if you practice good hygiene and bathroom cleanliness, you can avoid getting the symptoms and diseases that are so prevalent in the bathroom.