

Do-it-yourself spring cleaning guide

Germs grow and invade your privacy. Bathrooms are one of their popular spots. They gather in the bathtub, shower, toilet—just about everywhere.

“People these days just don’t take time out from their busy schedule to clean,” said Donna Duberg, lab science and germ expert at Saint Louis University. Duberg offers some simple ways to do your spring cleaning and make your bathroom germ-free.



Simplify cleaning: Engage in basic cleaning such as disinfecting and removing visible dirt regularly, to make spring cleaning less cumbersome. As spring sets in, brace yourself to clear the scum and lime scale—mostly found on your shower curtains—and mold stuck in and around your bathtub. They hold on to bacteria and can cause fungi to grow.

Don't overkill: If you use too many cleaners and don't dilute them, you risk the chance of inhaling the fumes of the cleaners, which can affect your lungs. Keep the windows open while cleaning or plug in fans to avoid breathing in the chemicals. Read the label carefully to understand how to use a product.

Instead of harsh chemicals, use the magic ingredient: Vinegar, when mixed with water can do wonders for the surfaces. Spray a mixture of one part white distilled vinegar mixed with 9 parts water to see a nice shine on your bathtub or floor. Undiluted white distilled vinegar mixed with baking soda can be used to remove scum. The fewer the cleaning products, the better. Vinegar is inexpensive, is not harmful to kids and pets, and always leaves a shine.