



# hot topics



## shoes off for cleanliness and health new!

Shoes can be dirty business. Learn how to stop tracking unwanted substances into your home.

After a day of running errands, walking into restrooms and strolling through the park or playground, you may have collected an army of grit, grime and germs on the soles of your shoes. All that icky stuff gets a free ride—straight into your home.

Bacteria like E. coli can cling to shoes for long stretches. In fact, 90 to 99 percent of contaminants tracked in get transferred to floors, where they can be transmitted to family members—especially children and pets, who spend their time at floor level.

An effective way to curb indoor pollution is to go shoe free. Simply place a shelf or basket near your entranceway, where family and guests can remove and place their shoes. Stash fun house slippers or socks nearby for a quick, comfy change.

For extra protection, vacuum your floors and mop them regularly with antibacterial floor cleaner.

### have you tried?



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