

# Things to avoid touching as disease spreads

## Cellphones

Business Insider reported earlier this month that a smartphone carries more germs and bacteria than a toilet seat - an obvious problem when a virus is spreading. However, Drs. said phones aren't a big disease spreader, unless they are often handed around from person to person. Therefore it's best to share photos online instead of passing a phone to a friend. They also recommends using Bluetooth devices, or hands-free headsets, to take calls so that the phone does not spend much time near your face. To clean phones it's recommended to use soap, water, and a damp microfiber cloth. Another option is to use a UV light device that kills germs. Don't use alcohol or disinfectant, since these substances will damage the protective coating on phone screens.

## Keys

Since they are a metal surface, keys can host the coronavirus for 48 hours, according to the advice from Dr Harries. She suggested in some cases that it could be as long as 72 hours. The best way to keep these clean is to wipe them down after using them with an alcohol solution containing at least 70% alcohol.

## ATMs

While using a machine wear gloves, or thoroughly wash your hands afterwards. According to Wire Cutter, being careful when interacting with ATMs or grocery store pin pads, which are touched regularly by lots of people in quick succession, is important. If you touch one of these things, wash your hands or sanitize as soon as possible.

## Money — including cash and cards

According to the Federal Reserve, the lifespan of paper cash can be anywhere from four to 23 years. In that time, they can become covered in germs. On the plus side, because it's paper, if the coronavirus was on it, it's likely it'd only be active for 24 hours. In early March, the World Health Organization advised people to avoid using cash, and use contactless pay systems like Apple Pay. Infection expert Dr Christine Tait-Burkard from the University of Edinburgh told The Guardian that coins are unlikely to spread the disease. As for credit cards, they could carry the virus if someone coughed on it when it is handed over to make a payment.

## **Door handles**

Touching door handles, and other similar hard surfaces, has a risk of transmission for up to 72 hours. According to [The Guardian](#), the best thing to do is be mindful of the surface you touch, and wash your hands.

## **Escalator handrails/Commuting Poles**

According to [CBS News](#), escalator handrails, at least in malls, are dirty. The organization found traces of food, E. coli, urine, mucus, feces, and blood. If you go on to the subway and touch the rail, be aware of what you do with your hands, and don't touch your face, until you've washed your hands.