

# Clean Your Phone Often



## Do you clean your cell phone?

Did you know your phone can carry thousands of germs that can get on your hands, face, and in your food<sup>1</sup>? It's true! You may have already gotten sick from the germs on your phone, but you don't even know it! They easily travel from your phone to inside your body.

In fact, researchers have found more microbes on cell phones than they found on a toilet seat<sup>2</sup>. That means your phone is dirtier than a toilet seat!! Gross!

## You SHOULD clean your phone multiple times a day!

The best way to prevent germs from living on your phone is to kill them with 70% isopropyl alcohol<sup>3</sup>. This cleaner will kill many different types of germs like bacteria, viruses, and fungi<sup>3</sup>.

It's super easy!

## How do germs get into your body from your cellphone?

Each day you handle your phone after you touch a dirty surface like a door knob, computer touchpad, or remote control. I mean, you have to check your social media or message your family, right? That's how those germs get on to your phone from your hands.

Of course you wash your hands regularly because you know that's the best way to stop germ spread, but then you touch your phone again... Wait... Did you clean it? Nope?

Oh no, all those germs you just washed off your hands are back! And now you're touching your face or eating and all those germs are getting into your body. Those germs can make you very sick!!

Next time, clean your phone too!

## Why is cleaning your phone important?

- Prevent illness and disease spread
- Phones have been know to carry germs like E-coli, Streptococcus, MRSA, influenza<sup>4</sup>
- Germs can cause diarrhea, stomach problems, strep throat, cold, and flu
- Protect yourself and others from dangerous microbes
- Your hands stay clean after you wash them

## How to clean your phone:

1) Shut off phone and unplug it from the charger.

2) Take an alcohol wipe or cloth soaked in alcohol or soapy water and clean the back of your phone.



3) Place your phone back side down on a clean surface.

4) Wash your hands or clean your hands with the wipe/cloth.



5) Use the wipe/cloth to clean the front of phone, make sure you wipe down the "home" button or area really well.

6) Wipe down the sides of the phone.



7) Pick up the phone and wipe the smaller buttons and other nooks and crannies.

8) Set it down again for it to dry. Then turn on your phone. If you are using a soapy wipe, repeat steps 1-7 with a wet soap-free cloth.



## Now your phone is clean!

Please see your phone's manufacturer for specific directions for your phone.

## Tips to Reduce Exposure to Phone Germs:

- Clean your phone often.
- Don't take your phone with you to the bathroom. If you do, clean it very well afterwards.
- Wash your hands after touching your phone.
- Never switch between handling food and touching your phone unless your hands and the phone are clean.
- Make a plan to clean your phone before each meal and every evening.

Interpreter services and/or special sound equipment are free and available on request. Call 919-245-2387 or 919-245-2400.

### Español (Spanish):

Los servicios de intérprete y/o equipo de sonido especial son gratuitos y están disponibles por petición. Llame al 919-245-2387 ó 919-245-2400.

繁體中文 (Chinese):我們可應您的要求提供免費的口譯服務及 (或) 特殊語音設備。請致電919-245-2387

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Find more of our  
resources at  
[www.orangecountync.gov/641/Environmental-Health](http://www.orangecountync.gov/641/Environmental-Health)

**Environmental Health is a service within the Orange County Health Department and is responsible for protection of public health through various programs.**

Our mission is to enhance the quality of life, promote the health, and preserve the environment for all people in Orange County.

Please use the QR code on the left to check out the references.



## Cell Phones Preventing Hand Contamination

Environmental Health Division  
Phone: 919-245-2360

