



Towels

When you finish in the shower what do you dry? Your mouth, nose, open cuts, sores, backside and other areas of the body. If knowing this, why would you share a towel? If you are sharing a towel, you're also sharing viruses, bacteria and parasite material that are easily transferred to towels.

Tips To Do:

- Avoid sharing a towel
- Separate towels so they do not touch
- Assign each person a separate towel rack if possible

Care of Towels:

- To reduce mold growth, spread towels out as much as possible to dry.
- Wash towels frequently in the hottest water setting available.
- Use 1 cup of distilled vinegar in the washer to reduce mold and germs
- Where possible, sun dry, as the UV helps kill germs and your towels smell heavenly!

Yours for health naturally,

Dr B

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