

Fighting germs - antibacterial products to the rescue

October 2004 - As the weather turns colder and people start to spend more time indoors, good personal hygiene and regular housecleaning become even more important to limit the spread of illness causing germs.

Several measures can be taken to help reduce the spread of household germs. Important steps include frequent handwashing and the regular cleaning of surfaces in the home to remove dirt and food particles on which germs can grow.

Many households have turned to antibacterial personal cleansing products, such as hand soaps and washes, to help fight the spread of harmful germs. The Canadian Consumer Specialty Products Association (CCSPA) says the active antibacterial ingredient in these products ensures that hands both look and feel clean, and controls the spread of germs.

CCSPA says that while there is strong consumer demand for antibacterial products, there is also confusion about the benefits of using them on a regular basis. Some reports claim that they may contribute to the emergence of antibacterial-resistant "superbugs." However, CCSPA maintains that this question has been studied, and there is no scientific proof that the use of antibacterial products results in antibacterial-resistant germs. In fact, most scientists agree that the health benefits of antibacterial products are valuable not only to combat germs, but to decrease symptoms of asthma and allergies.

Antibacterial products have been used by consumers for more than 30 years, and they are safe and effective. The association points to numerous studies by such authorities as the Journal of Antimicrobial Chemotherapy, the American Society for Microbiology, and the Journal of Applied Microbiology that have demonstrated positive health benefits from using antibacterial products in home, institutional, educational and healthcare settings.

More information on pest control products and pest management can be found at www.healthycleaning101.org.