



Essential Bathroom Hygiene Practices for a Healthy Home



ABSTRACT

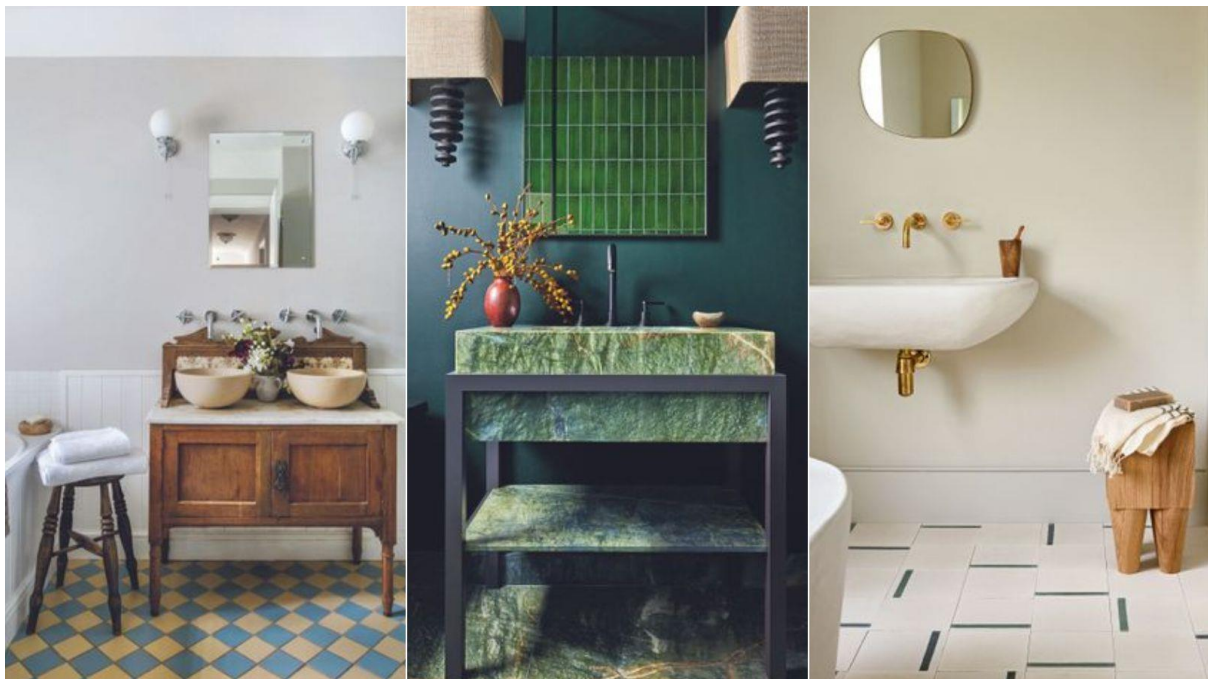
Maintaining proper bathroom hygiene is vital for creating a safe and healthy living environment. Bathrooms often harbor bacteria, mold, and viruses, which can spread illnesses if not controlled. Simple yet consistent cleaning practices, along with mindful daily habits, can significantly reduce health risks while enhancing comfort and cleanliness at home.

INTRODUCTION

The bathroom is one of the most frequently used spaces in any household and also one of the most vulnerable to germs and harmful microorganisms. Poor maintenance can lead to unpleasant odors, mold growth, and even the spread of infections. These preventive steps not only improve hygiene but also promote overall well-being within the home.

I. Dirtiest places in a bathroom and how to clean them – according to professionals

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Knowing where the dirtiest areas in your bathroom are and how to clean them is key to ensuring this room stays hygienic, which will translate to the rest of your home.

As one of the dirtiest places in your home, your bathroom requires quite a bit of attention when it comes to cleaning in order to avoid spreading germs throughout your home and keeping a clean space, since it is an environment where bacteria and mold can thrive if it's not properly cleaned.

Having a spotless and sanitary bathroom will make this space more inviting for your family and guests alike, which is why our experts have revealed the dirtiest places in your bathroom and how to clean them.

However, this does not mean you should neglect other areas in your bathroom which are often overlooked in how much cleaning they need. Forgetting certain areas that don't seem as obviously dirty is one of the key unhygienic bathroom mistakes which is why it's important to keep them in mind when deep cleaning.

1. The sink



'The bathroom sink qualifies among the dirtiest places in a bathroom because it serves as a repository for bacteria and viruses,' warns certified cleaning expert at Fortador, Sabrina Tretyakova. 'The sink is where all the dirty water from handwashing, bathing, face-washing, and toothbrushing congregates. The areas around the drain are most prone to remain dirty.'



'Sink drains are not easily accessible for regular cleaning, meaning most people do not clean the drain area as often as they should, contributing to the build up of grime and germs. For this reason she suggests:

1. 'Clean the sink drain at least once a month using a drain cleaning solution or a mixture of baking soda and vinegar. This will help prevent the buildup of residue and odors.'

'2. For a thorough clean, remove the drain stopper and clean it separately. Scrub the drain opening and the stopper thoroughly.'

3. Additionally, Muffetta Krueger recommends installing a hair catcher, at Amazon, in the drain to prevent hair from clogging the pipes. Clean it regularly to ensure it functions correctly.

4. 'Ensure proper ventilation in the bathroom to reduce moisture, which can encourage the growth of mold and mildew.'

2. The toilet



The other dirtiest area in a bathroom, unsurprisingly, is the toilet.

'Most cleaning experts would agree that the toilet bowl and seat can be among the dirtiest places in a bathroom. Germs and bacteria thrive in these areas due to frequent use,' says Carlos Garcia from Total Clean.



Fantastic Service's domestic cleaning expert and supervisor Petya Holevich suggests that to clean your toilet:

1. 'Carefully follow the manufacturer's instructions on your toilet bowl cleaner. Apply it under the rim of the bowl and around the inside of the bowl, allowing it to flow down and coat the surfaces. Make sure that the entire bowl is covered.
2. 'Let it sit for a few minutes to allow it to break down stains, mineral deposits, and bacteria. However, still refer to the product label for the recommended time.

3. 'Use a toilet bowl brush to scrub the entire interior of the bowl, paying special attention to the waterline, under the rim, and the trapway, which is the S-shaped channel at the bottom of the bowl. Use a back-and-forth motion and apply some force to it to remove stains and build-up.

4. 'After scrubbing, flush the toilet to rinse away the cleaner and loosened particles. If your toilet has a strong flush, you'll probably need to rinse it manually with water.

5. 'Wipe the exterior of the toilet bowl, including the handle, with a disinfecting wipe or a cloth dampened with a disinfectant cleaner. Dispose of all used cleaning materials properly and wash your hands thoroughly when you're finished,' says Petya Holevich.

3. The toothbrush holder



'One of the most underestimated and frequently overlooked areas in a bathroom that can harbor a surprising amount of germs is the toothbrush holder,' warns interior designer and owner of H2O plumbing, Rich Mullins.

Certified cleaning expert Sabrina Tretyakova says, 'Though it looks innocuous, toothbrush holders collect germs and bacteria from other areas of the bathroom like the toilet (when flushing), drain (when washing hands/face), towel holders (when you hang dirty clothes), etc. '

4. Bathroom faucet handles



Rich Mullins says, 'Another often-neglected spot is the bathroom faucet handles. Folks tend to touch them with dirty or wet hands, transferring germs onto these frequently used surfaces.'

Alternatively, Sabrina Tretyakova recommends, 'Clean the faucet and its handles with water and detergent after use every time.'

5. Shower curtains



'Shower curtains can also be a hidden source of grime,' says Rich Mullins. 'They are exposed to constant moisture, creating an ideal environment for mold and mildew growth.'

To clean a shower curtain and get rid of shower curtain mold and mildew, Rich Mullins recommends, 'Regularly washing and disinfecting shower curtains according to the manufacturer's instructions. Better still, consider opting for mold-resistant curtains that are easier to maintain.'

II. How to Clean a Toilet the Right Way in 6 Steps

Cleaning a toilet might not be the most enjoyable task, but it's simpler than many people think. Regular weekly 10-minute cleanings prevent tough stains and messes from building up.

Use these six straightforward steps to effectively clean your toilet, remove stains, and achieve a sparkling finish.

What You'll Need

Equipment / Tools

- Rubber gloves
- Toilet brush
- Eye protection

Materials

- Toilet cleaner
- All-purpose disinfecting spray cleaner
- Paper towels or cloths

Instructions

How to Clean a Toilet

1. Prep the Area

Remove anything stored on the top of the tank and be sure your supplies are handy.

2. Flush and Add Bowl Cleaner

Flush the toilet with the lid closed to wet the bowl. Wearing rubber gloves, add the toilet bowl cleaner as close to the toilet rim as possible to cover the bowl.

3. Scrub the Toilet Bowl

Always begin scrubbing under the bowl rim first with the toilet brush. The water jets can get clogged and may require additional cleaning steps to be sure that the toilet is getting enough water to flush properly.

Next, scrub the bowl including the drain hole opening at the bottom of the bowl to remove stains. Flush the toilet with the lid down.

4. Clean the Toilet Seat

Raise the seat and spray the top and bottom of the seat, the inside lid, and the rim of the toilet with disinfecting bathroom cleaner. Give the product a few minutes to work and then wipe it away.



Don't forget to clean the outside of the lid. Finish by wiping the seat with a clean damp cloth or paper towel to remove any traces of bleach or chemicals from the sitting surface.

5. Clean the Exterior

Clean the outside of the toilet with a disinfecting bathroom cleaner. Start at the top and spray the tank, handle, and bowl edges. Give the product a few minutes to work and wipe the surfaces with a cloth or paper towel.

Finally, wipe down the entire outside of the bowl. Start with the sides and front before cleaning the bottom edges of the toilet where it meets the floor.

6. Don't Forget the Toilet Brush

To finish up, clean up any drips of cleaner or water that may have landed on the floor. Clean the toilet brush and holder. Replace items that you moved before beginning to clean.

How to Remove Specific Stains

- **Rust stains:** Use hydrogen peroxide, a powerful oxidizer. Pour 1 cup of fresh hydrogen peroxide into the toilet bowl. Let it sit for 20-30 minutes before scrubbing away the stains.
- **Mold and mildew:** Use borax, a natural fungicide that effectively kills mold spores. Sprinkle a generous amount of borax powder into the toilet bowl and use a toilet brush to spread it over any mildewed areas. Let it sit overnight and

then scrub and flush. Borax can also be used to clean mold and mildew from the exterior of the toilet tank and bowl.

III. How to Clean a Shower So It Sparkles from Top to Bottom

Learn how to clean a shower, including those made from fiberglass, tile, and stone, from our step-by-step guide. We'll walk you through how to clean the showerhead, doors, grout, and more. Dirt, dust, hard water spots, mildew, soap scum, and other residue can build up in the shower over time.

The best time to deep-clean your shower is right after you use it. The surface will already be already wet from your shower, and the steamy temperature will have loosened dirt, making your job easier. Get a sparkling shower with minimal scrubbing using these easy cleaning tips.

How Often to Clean a Shower

To avoid soap scum, mildew, and grime buildup, it's a good idea to clean your shower once a week. While you don't have to deep clean and scrub the entire shower, it's important to clean the floor and wipe down any shower shelves weekly. For glass showers and doors, you may want to squeegee and rinse more often to avoid splatters and streaks. Add deep cleaning your shower (including washing the liner and showerhead) to your monthly cleaning routine.

What You'll Need

Equipment / Tools

- Soft-bristle brush
- Squeegee
- Towel
- Grout brush
- Sponge
- Spray bottle
- Microfiber cloth
- Toothbrush
- Wire hanger
- Pliers

Materials

- Commercial shower cleaner
- Baking soda
- Commercial tile cleaner
- Vinegar
- Dish soap
- Stone cleaning solution
- Plastic bag
- Rubber band

Instructions

How to Clean a Shower Made of Fiberglass

Showers made from fiberglass or acrylic are popular in many homes because they're relatively inexpensive and straightforward to install. This type of shower is also reasonably easy to keep clean with a few household ingredients. Avoid using abrasive scrubbing tools that could scratch the surface when cleaning a fiberglass shower.



1. Spray Shower with Cleaner

After removing all shower accessories and bottles, spray the entire area with a commercial shower cleaner or a DIY shower cleaning solution of equal parts vinegar and dish soap. Don't forget the hardware as well; soap scum quickly builds up on shower faucets. Use a soft-bristled brush to clean around faucets and in corners.

2. Let Sit and Scrub

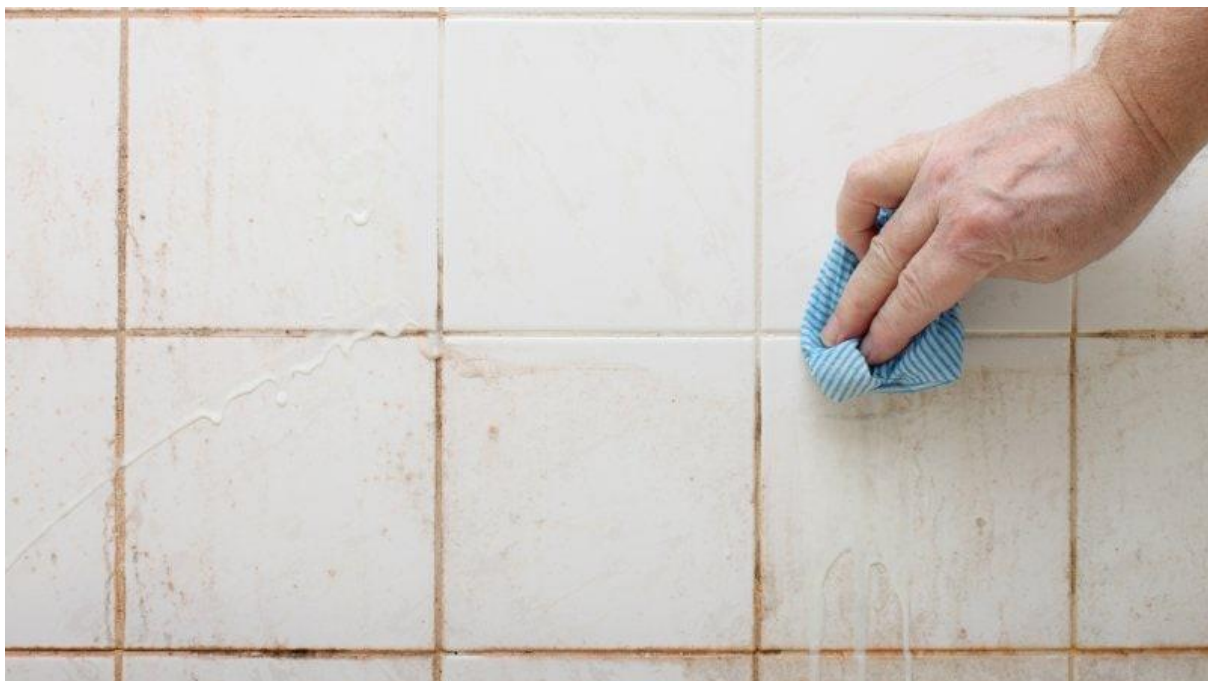
To remove grime from the shower floor, sprinkle the area with baking soda while it's still wet from the vinegar-dish soap solution. Let sit for about 10 minutes, then gently scrub with a soft-bristled brush.

3. Rinse and Wipe Dry

Rinse the entire shower with water, and wipe away excess water with a squeegee or towel to prevent water spots.

How to Clean a Shower Made of Tile

Showers with ceramic or porcelain tiles are durable and low-maintenance, but the grout between tiles can be a magnet for grime and mildew. The chore is made far easier by using a top-quality shower tile cleaner.



4. Spray Shower with Cleaner

Spray shower tiles with a commercial tile cleaner or a mixture of equal parts vinegar and dish soap.

1. Let Sit and Scrub

Wait several minutes to allow the cleaning solution to break up soap scum and hard water deposits, then scrub with a soft-bristled brush.

2. Rinse and Wipe Dry

Rinse well. Remove excess water from the surface with a squeegee or towel.

3. Clean Grout

To clean grout in the shower, apply a mixture of two parts baking soda with one part vinegar using a grout brush or an old toothbrush. After about five minutes, scrub the grout lines and rinse clean.

How to Clean Shower Doors

Make your glass shower doors sparkle and shine.



1. Apply Cleaning Solution

Warm some distilled white vinegar in the microwave and mix it with an equal proportion of dish soap. Pour your DIY glass cleaner into a spray bottle and coat both sides of the doors.

2. Wipe, Rinse, and Dry

After about 30 minutes, use a damp sponge and clean water to wipe away the cleaning solution and dry with a microfiber cloth.

If you're worried about damaging surrounding stone surfaces, swap the vinegar solution for a mixture of baking soda and dish soap. Apply the paste to the glass shower doors and gently scrub using a non-scratch sponge. Clean the shower door track with a soft toothbrush and gentle dishwashing liquid. Rinse well.

How to Clean a Showerhead

You can get rid of mineral deposits and buildup from your showerhead without even removing it.

1. Soak Showerhead

Fill a plastic bag with distilled white vinegar, slip it over the showerhead, and secure with a rubber band.

2. Dry and Polish

Wait about one hour before removing the bag and turning on the water to flush. Dry and polish the showerhead with a soft cloth.

Repeat this process about once a month to keep your showerhead free from buildup.

How to Clean a Shower Drain

Fix a slow-moving shower drain with the help of a wire hanger and a few household ingredients.



1. Remove Drain Cover

Start by removing the drain's cover and soaking it in white vinegar to remove soapy residue.

2. Remove Clog and Rinse

Use pliers to straighten out a wire hanger and make a hook at one end. Carefully lower the wire into the drain and use the hooked end to pull out the clog, repeating

as needed until the drain is clear. Run hot water down the drain to flush out any remaining buildup.

How to Clean Shower Curtains and Liners

Shower curtains and liners can harbor dust, germs, and mold or mildew, but they're simple to clean. Most can be machine-washed; check the instructions on the care tag to make sure. Remove the rings or clips and toss the curtain and liner in the washer on a gentle cycle in warm water. Rehang and let air dry.

Best Shower Cleaning Tools

The right cleaning supplies will make scrubbing dirt and grime in your shower much easier. For starters, a brush will do a better job than a sponge at loosening soap scum and water deposits. Look for one with a diamond-shaped head, which will reach into corners easier than a brush with a flat head. You should also keep a squeegee or an absorbent bath towel handy to clear away excess water from walls and doors after each shower, which helps prevent water spots and soap scum buildup. You can often find squeegees with suction-cup handles that can be attached to the shower wall for convenience.

IV. How to clean a bathroom sink – make your basin sparkle again

This is how to clean a bathroom sink whether yours is ceramic, porcelain, copper or if you have a glass basin. Use household detergents, plus vinegar and baking soda for great results. When you purchase through links on our site, we may earn an affiliate commission. Here's how it works.



Do you stare at soap scum every time you go to brush your teeth or wash your hands? If the answer is yes, then you'll want to know how to clean a bathroom sink quickly and effectively. Considering all the soap and water that constantly flows through your sink, you'd think it would be eternally clean right? But unfortunately not...

Gunk, cosmetics stains, rust and water marks build up quickly without regular cleaning, but there is no need to despair as you can clean your basin quickly using dish soap, vinegar and baking soda to tackle stains especially. Whether yours is made from porcelain, ceramic, copper or glass, you'll be able to get it looking good as new in the safest way possible to ensure that yours stands the test of time. Starting with a grimy sink drain and onto the rest...

How to clean a bathroom sink drain

We spoke with Victoria Plumbing about the ultimate way to clean and unblock a sink drain. 'If your bath or sink is slow to drain, then you could have a build-up of dirt, hair or grime slowing the flow of water down. Cleaning a drain can be a dirty and time-consuming chore. 'These store cupboard staples are two of the most common natural cleaning products, but they are not as effective as you might think. In fact, the bicarb and vinegar solution doesn't have the capability to clear clogs and gunk from pipes.' So this might work for a general spruce around the sink area, but not if you're tackling a blockage. ' If you don't want to use harsh chemicals, you can get a great result pouring boiling water down the drain slowly and waiting to hear the gurgle".

To clean the bathroom sink plug hole

Start by removing the plug hole or drain cover. The simplest way to do this is to put your finger in hole and lift out or push an old toothbrush through and lift. Give the drain cover a good clean with a toothbrush using either vinegar or a mixture of water and bicarbonate of soda.

You can also spray your favorite bathroom cleaner inside the drain and really scrub using the toothbrush to remove mould build up. Replace the cover and clean around the top of the plug hole. If you have stubborn build up try removing it with a toothpick.



How to clean a ceramic sink

To begin cleaning a ceramic sink scrub away any dirt with a mixture of washing up liquid and warm water, mixed in a bowl. Soak some paper towels in vinegar and use them to line the sink. Leave for half an hour, then remove and rub off with a damp cloth. This will remove any limescale deposits too.

How to clean a porcelain sink

Start by wetting the entire sink, apply liquid soap and use a gentle sponge to clean the bowl. Once clean, white porcelain sinks will quickly show up any stains, and if this is the case, shake a bit of Bar Keeper's Friend powder all over, or use baking soda and a few drops of water, and leave for 10 minutes. Wet a scourer and gently scrub whichever one you are using into the sink. Rinse off well with water and pat dry with a paper towel.

How to clean a copper sink

1. Wet the bowl with warm water and add a mild dish soap.
2. Use a soft sponge to clean it and never use any type of scourer as you may scratch it.
3. Dry the sink thoroughly to prevent green spotting.
4. For any stains you can use a little baking soda. Create a paste with a little water and apply this with the soft sponge. Rub it in and rinse well before drying thoroughly again.
5. You may notice some of the brown part of the copper has come off and you now have that beautiful 'new penny' look once again. Stand back and watch it sparkle.
6. For more shine, apply a specialist copper sink cleaner or wax every few weeks.



How to clean a granite sink

Always use gentle cleaning methods when cleaning granite sinks as they usually have sealants on to protect the natural stone. Soak a sponge sourser with hot water and 2–3 drops of washing up liquid or a you can use a 50/50 mix of water and vinegar.

Gently scrub areas of dirt or grime. Rinse away all soap residue with warm water. Dry with a soft microfibre towel or soft cloth. Apply a few teaspoons of olive oil to a dry cloth and rub all over the sink, leave to sit for one minute. Wipe excess oil away with a clean cloth and buff. The granite should now be shiny and not feel greasy as you wipe your finger over it.



How to clean a glass sink

Glass sinks have become more popular in recent years and their upkeep is not dissimilar from your drinking glasses or windows. Clean glasses sinks with a mixture of washing-up liquid and warm water, using a sponge scourer to tackle any soap scum.

To make it shine, rinse well then spray with vinegar and polish dry with a microfibre cloth or paper towels.



How to clean bathroom taps

The best way to clean taps is by using an old toothbrush and bicarbonate of soda. Dampen the brush with water and sprinkle the bicarb directly onto the bristles. Scrub back and forth over problem areas.

Leave it to work its magic for 10 to 15 minutes then wash away with warm water and a clean cloth. For any limescale gathering around the base of your tap use lemon juice. Simply cut a lemon in half, squeeze lemon juice directly onto the mark and leave to soak for one hour. Or soak cotton wool pads in lemon juice and wrap them around the relevant parts of the taps, again leave to soak for an hour. Rinse with cold water and wipe clean.

The best ways to keep your bathroom sink clean

- **Re-home beauty tools:** Do not leave metal beauty tools (like eyelash curlers, nail clippers or scissors) on the side of the sink. Any standing water will cause them to rust and stain porcelain, enamel or ceramic sinks.
- **Avoid abrasive scourers:** Never use steel wool, wire brushes or abrasive sponge pads to clean as they will leave scratches and damage surfaces.
- **Daily care:** Give your sink a quick wipe over with a wet cloth after every use. Be sure to rinse toothpaste and soap off your sink straight away to prevent it from sticking.

- **Tend to rust:** WD-40 is great to remove any rust spots. Simply wipe WD-40 on the spot with a cloth and then rinse thoroughly.

V. How to Clean a Spa Bath

Installing a jetted tub or spa bath in your bathroom can promote a therapeutic and relaxing experience. The warm water relaxes tensed muscles, improves blood circulation, and alleviates stress, aiding overall well-being. Unfortunately, spa baths tend to accumulate soap residue, gunk, and debris that can harbour mould and other harmful bacteria if stagnant water gets clogged in the pipes. This can turn your luxurious spa experience into a nightmare.

The clogged jets could become ineffective due to rust and heavy corrosion without regular cleaning and maintenance. This can breed lethal germs, leading to various health hazards, including skin infections.



So, here is a step-by-step guide for cleaning a spa bath like a pro. Follow this guide to retrieve the former glory of your jetted tubs and enjoy a relaxing spa bath.

1. Stock up on Necessary Cleaning Supplies

You'll need essential and effective cleaning products and tools to tackle stains, grime, buildup soap scum, oil and other grime from your spa bath. Trained end of lease cleaning Adelaide experts recommend using chemical-free cleaning products to reduce carbon footprints and promote a sustainable lifestyle. So, the list is shared below:

- Warm Water
- Microfiber cloth or towel
- Toothbrush
- White Vinegar
- Dishwashing detergent
- Baking Soda

2. Refer to the Manufacturer's Manual

Since a spa bath is an expensive addition, make sure you check the manufacturer's manual before cleaning the tub. The most common instructions mentioned are:

- Turn off the air induction valves to effectively clean the tub.
- Read the correct method to turn the valves on and off (if permits)
- Pay attention to the restrictions on using cleaning products because too abrasive cleaners could cause damage to the jet.

3. Flush the Tub with Plain Water

Let's begin the cleaning process! Fill the spa bath with cold water until the level comes up a couple of inches above the jets. Run the jet for 10-15 minutes. This will help you break down soap scum buildup, dirt, and surface bacteria.

If it is extremely dirty, fill the tub with warm water for more effective results. After 10 minutes, turn them off and drain the tub.

Tip: Follow natural cleaning routine for your bathroom to ensure a clean and healthy indoor environment.

4. Clean with Hot Water and White Vinegar

Next, refill the jetted tub with hot water up to the same level and add $\frac{1}{4}$ cup of dishwashing detergent and 3 cups of vinegar. You can increase the quantity of vinegar depending on the level of dirt and grime in the tub.



Close the air induction valves properly if allowed in the manufacturer's guide. Turn on the jets for another 20 minutes before draining the soapy water. Keep the jets on if debris or dirt continues to enter the tub. Extend it for another 5 minutes.

Tip: Repeat this step or process if required.

5. Scrub the Stains with Baking Soda

After emptying the spa bathtub, sprinkle a generous amount of baking soda, including nooks and crannies. Let it moist completely because baking soda is a powerhouse of all-natural cleaning products. It is one of the best degreasers and can dislodge the gunk, soap scum, bad odours and germs without causing any damage.

Take an old toothbrush and scrub the surface in a circular motion. Remove stains and mould from the jet trim and nozzles.

Do not scrub abrasively, as the spa bath is made of natural stone materials.

6. Soak And Drain the Tub

In the next step, soak the bathtub in warm water for the last time. All you need to do is:

- Fill the tub with warm water inches above the top jets.
- Run it for 10-15 minutes. Keep the valves open

- If there is no debris, drain the tub. This will flush out the baking soda residue and other gunk.

7. Wipe Dry using a Microfiber Cloth or Towel

Once the tub has drained completely, grab a microfiber cloth and wipe it dry to prevent mould and water stains. This will bring back the former shine without scratches or marks.

8. How to maintain a Sparkling Spa Bath?

If you want to enjoy a relaxing and therapeutic bath all year round, regularly clean your jetted tub. Focus on giving it a quick clean every time you take a bath. After each use, fill the tub with hot water and let it sit for 10 minutes. This will remove leftover gunk and soap scum with ease.

Drain the water and wipe dry the surface with a cloth dampened in vinegar solution. This will remove the residues that circulate through the jets. You can also hire professionals for a budget end of lease cleaning Adelaide. They come fully equipped with the latest tools and products to transform dirty rooms into sparkling glory to prevent rental disputes.

Creating a blissful and relaxed spa experience in your bathroom requires regular cleaning and maintenance. Use these simple yet effective steps and clean your jetted spa without any hassle or excessive stress.



VI. Bathroom Cleaning Mistakes You Don't Want to Make

While it's probably not the highlight of your week, cleaning your bathroom is an essential part of home maintenance and personal hygiene. After all, it's fair to say these are some of the dirtiest spots in most of our homes. So, it's crucial to do things the right way. From cleaning with the wrong supplies to overlooking certain spots, here are ten common bathroom cleaning mistakes.

Cleaning With Harsh Chemicals

Many think using harsh chemicals is the only way to clean a bathroom. However, this couldn't be further from the truth according to the founders of L'Avant Collective, Lindsay Droz and Kristi Lord. "Instead of reaching for a cleanser made with bleach, sprinkle a tablespoon or two of baking soda into your sink, tubs, shower drains, or tile, and liberally spray L'AVANT Collective's Multipurpose Surface Cleaner until it forms a kind of paste with the baking soda. Scrub gently as you normally would, enjoying the aroma of natural scents, and watch as your sinks and drains recover their shine."



Mixing Chemicals

But if you must clean with chemicals, it's crucial not to mix multiple types according to Dr. Laura Hauptert, Ph.D., the Chief Scientific Officer for OMI Industries, which is the parent company of Fresh Wave. "The mixing of harsh chemicals like bleach or ammonia to quickly eliminate odors can produce toxic fumes and irritate the respiratory system, particularly when ventilation is inadequate."

Scrubbing With Paper Towels

Sure, paper towels make cleaning easier and more convenient, but Spencer Martin, Founder and CEO of Sonic Power tells me they aren't the best choice for your bathroom.

"Paper towels are not ideal because they often leave visible bits and pieces on the mirror. My favorite material is what's called a Swedish cloth which is made of 100 percent naturally biodegradable cellulose and wood pulp. Furthermore, just one Swedish cloth can replace over a dozen rolls of paper towels."

Using The Same Cleaning Cloth For All Surfaces

Viviana Holguin of Maid Brigade of Northern Connecticut says using the same cloth or sponge for cleaning the entire bathroom can spread germs from one surface to another. "It's better to use different clothes for different areas, especially for the toilet."

Using A Dirty Toilet Brush

Let's be honest, most of us don't clean our toilet brushes after we use them. This results in the spreading of bacteria and odors. "Toilet brushes should be cleaned and dried after each use and replaced regularly to maintain hygiene."



Cleaning The Mirror Improperly

Yes, it matters how you clean your mirror. Martin suggests starting from the top and working your way down. "This way, any drips or clearer residue won't affect areas you've already cleaned."

Avoiding The Drain

One of the stinkiest areas of the bathroom is the drain. Yet, we often neglect to give it the attention it deserves. Hauptert tells me, "Not cleaning drains when doing routine bathroom cleaning can result in a buildup of hair, soap scum, and debris, fostering foul odors as bacteria thrive in stagnant water. In addition, not maintaining the proper level of water in P-Traps can result in an unpleasant odor."

Not Eliminating Mold

Bathrooms have many sources of mold, which isn't just unsightly and stinky, it can also lead to health issues. In addition to thoroughly cleaning surfaces, Hauptert says it's crucial to wash towels and shower curtains regularly. "Additionally, leaving wet surfaces, such as shower walls and bathtub edges, promotes mold and mildew growth, further exacerbating unpleasant odors."

Skiping The Germiest Spots

While the big picture is very important when cleaning your bathroom, we can end up skipping a spot or two. So don't forget to wipe down faucets, the toilet handle, and light switches. This can also help curb the spread of germs and illnesses.



CONCLUSION

A clean bathroom is more than just an aesthetic necessity it is a cornerstone of a healthy home. Regular cleaning routines, combined with practical hygiene habits, help prevent the spread of germs and keep the space fresh and safe for everyone. By prioritizing bathroom hygiene, households can protect their health, reduce risks of infections, and enjoy a more comfortable living environment.

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