

Beware the Glazed Donut Monsters!

You go to the super market, grab a trolley and whizz down the aisle. Then, you come across a toddler in a trolley that looks like a glazed donut monster while teething on the trolley handle. GAH!!! Do you wonder who had their grubby paws on the trolley handle before you grabbed it?

Make it a standard practice to carry a jar of antibacterial wipes in the boot next to your shopping bags. Grab one each time you shop and wipe the trolley handle down before you touch it.

Upon arriving home from anywhere, always wash your hands before you wander through the house, so you don't spread any germs you might have gathered throughout your day. Make this a practice for the whole family. If constant hand washing dries your skin too much, perhaps you could wear gloves when you're out.

In cold and flu season, I notice so many more people coughing up phlegm and spitting it out...anywhere they are. YIKES and EEEWWW!!! Ever wonder what you stepped in on your healthy walk? When you get home, take off your "outside" shoes and put on a pair you use for just around your own home. Following that train of thought, do you ever put your purse on the floor in a restaurant or at a meeting? Then, when you get home, you put your purse on the bench. This is like putting those joggers on your bench! Get a purse hook or keep your bag in your lap but NEVER set it on the floor. Now, get those disinfectant wipes and scrub the bottom of your bags. Same goes for kid's backpacks. God only knows what goo they were resting in! Best to keep them in the laundry or hallway and emptied and filled up there. Good idea to give them a good wipe down frequently with a disinfectant.

By now, we should know to eat the rainbow, cut down on sugar and stay hydrated so I won't get into that in this issue unless you email me to request some pointers. HOWEVER!!! If you start to feel a bit flu-ish, just stay home. If need be, CALL the GP, don't go there and spread your germs unless it is necessary. But, you might like to wear a face mask to keep your germs to yourself. Don't be a martyr and go to work. If you need food or supplies, get online and shop Coles or Woolies because they deliver. Some of the local chemists can deliver, too.

If you have any requests for future articles, just drop me an email at pklohs@yahoo.com.au and it might just be the subject of my next issue. Stay well and give those glazed donut monsters a wide berth!! Pen