

Mobile phones are dirty



- 1 What's the object you touch the most? We're guessing that your mobile phone probably features in the top three. It may come of little surprise that research from the University of Arizona found that your phone has 10 times more bacteria than your toilet seat. Emily Martin, an assistant professor at the University of Michigan, explains: "Because people are always carrying their cell phones, even in situations where they would normally wash their hands before doing anything, cell phones do tend to get pretty gross." Despite the high concentration of germs found on your phone – you're unlikely to fall ill because of them. The majority of microbes and natural bacteria found on your skin, which get transferred to your phone, won't make you sick. *Staphylococcus epidermidis*, for example, might be present – but it won't leave you with an infection.
- 2 Problems arise if you enter an environment where you could pick up harmful bacteria on to your hands and transfer them to your phone, for example, public spaces and public transport. Viruses can also spread on phones if one person is sick with strep throat or influenza and coughs on their cell phone before handing it off to a friend. Professor Martin warns that taking your phone to the toilet is another massive no-no, because when toilets flush they spread germs everywhere – including dangerous bacteria, such as *E. coli*. She compares it to not washing your hands after using the loo.
- 3 If you want to clean your phone, a few different methods will work. Keeping your phone out of the toilet is a first. Experts suggest you also wipe your phone clean every couple of weeks, either with a wipe/cleaner specially designed for smartphones or a 40:60 alcohol-to-water solution and a cloth. Stay away from liquid or spray cleaners, which can damage your phone. But how do you avoid getting sick from your phone? Wash your hands frequently and avoid touching your eyes and mouth if you haven't had a chance to give them a rinse.

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- 2p 4 Geef bij elke bewering aan of deze juist of onjuist is volgens alinea 1.
Omcirkel 'juist' of 'onjuist' in je uitwerkbijlage.
- 1 Er zitten meer bacteriën op een mobiele telefoon dan op een wc-bril.
 - 2 Je mobiele telefoon wordt vies omdat je hem overal mee naartoe neemt.
 - 3 De kans dat je ziek wordt van de bacteriën op jouw mobiele telefoon is klein.
- 1p 5 Waar loop je een grote kans om gevaarlijke bacteriën op een mobiele telefoon te krijgen volgens alinea 2?
- A bij de huisarts
 - B in de bus
 - C in de natuur
- 1p 6 Welke tip wordt er in alinea 3 gegeven om je mobiele telefoon schoon te houden?
- A Gebruik regelmatig een reinigingsspray voor je telefoon.
 - B Neem nooit je telefoon mee als je naar de wc gaat.
 - C Was altijd je handen voor je je telefoon gebruikt.