



6 Tips for Toxic-Free Travel

Lisa Beres November 16, 2018



Whether it's a Baltimore boutique, a rustic resort, or a Chicago chain, most hotels do their best to keep rooms clean for each guest. But, let's face it — we've all had a sordid experience or two that we'd like to forget. Add to that filthy airplanes, unkempt public restrooms, and crowded airports, and suddenly TSA pat-downs become the least of your concerns.

With more than [3 billion passengers](#) traveling by commercial aircraft every year, germs from all around the world have lots of opportunity to spread through the air and objects you handle. How can you make sure your dream vacation or business trip is void of aches, itches, sniffles, and sneezes?

Here are six tips for staying healthy while traveling on the road, in the sky, or by sea.

4. Sanitize Safely

Cold and flu viruses are spread by direct contact. Frequent hand washing is essential. A study conducted by the University of Virginia found those infected with a cold who spent a night in a hotel room left contagious germs on 35 percent of the objects they touched. Germs can live for hours, so wiping down hotel phones, TV remote controls, and airplane tray tables is essential. For wiping, try [CleanWell Botanical Disinfecting Wipes](#), which kill 99.9 percent of germs botanically for safer sanitizing.