



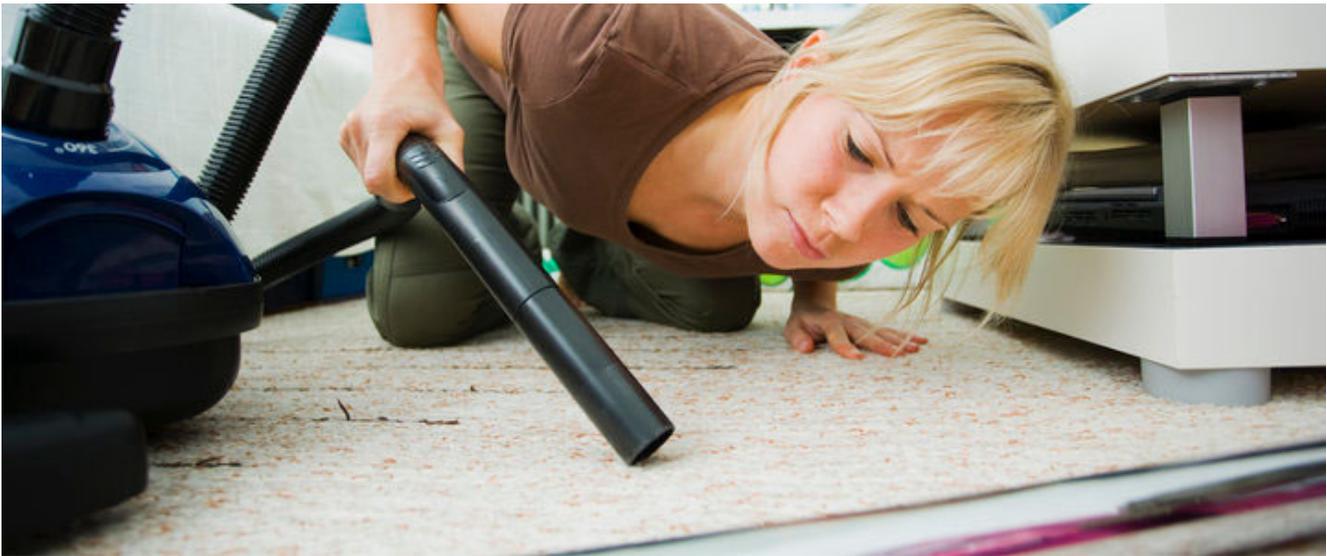
HOME

What's Lurking In Your Carpet? A Spring Cleaning Guide.

DEATH TO THE MITES.

By Suzy Strutner

04/14/2016 06:22pm ET



TUOMAS MARTTILA VIA GETTY IMAGES

It's time for [spring cleaning](#), hooray! Homeowners everywhere are dusting off the shelves, [cleaning out the closet](#) and making sure all the kitchen Tupperware is nicely stacked in order.

But please, OH please, do NOT forget the carpet.

Your carpet is bacteria's favorite playground.

We don't want to over-dramatize the situation, people. But the fact is your carpet is a hotbed of bacteria, pollen, dead skin and dust.

[Robin Wilson](#) is an interior designer with a focus on hypoallergenic homes. She says that bringing outdoor debris inside can turn problematic, since you could unknowingly introduce pathogens that get trapped in your carpet.

Imagine, for instance, if your dog steps in feces at the dog park and tracks it into your home. You could have illness-causing germs like e. Coli in your carpet without even knowing it. Pretty gross, right?

Indeed, microbiology research published in 2001 found an average indoor [carpet to be about 4,000 times dirtier than a toilet seat](#), with about 200,000 bacteria per square inch, Men's Health reports. And THAT is



Suzy Strutner

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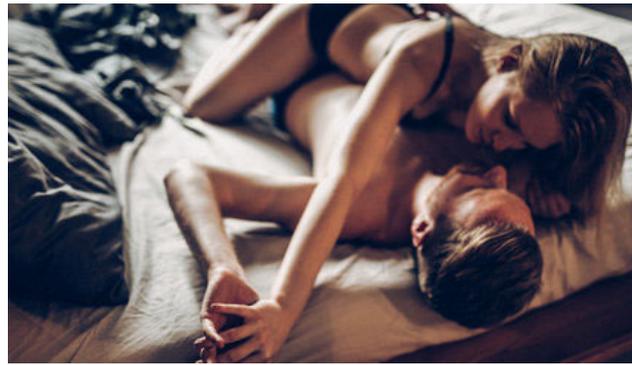


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