

Hygiene

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I was trying to figure out how to spell the word *hygiene* this evening. I've never written it before, as far as I can remember.

Hygiene.

Doesn't it look weird?

Naturally, this got me wondering...where lies the boundary between practical hygiene and germophobic behavior? Let's go over some examples. There is no right answer, so don't feel like I'm being Mr. hygienically-superior-pants or anything. Clearly, that is not the case. For each of the following, rate it either "*Yeah, I do that*" or "*No, that's a little much.*"

- Wiping the handle of a shopping cart at the grocery store with anti-bacterial wipes.
- Washing your hands after using the bathroom
- Opening a bathroom door with a paper towel after washing your hands
- Not sharing a glass with *anyone*
- Giving "air kisses" instead of shaking hands
- Never walking barefoot
- Wearing fresh Kleenex boxes on your feet while walking around your home
- Showering after exercise
- Showering after sneezing
- Following a shower with a layer of anti-bacterial gel and lye.

Not to be judgmental, but I would hope you said "Yeah, I do that" to all of the above. If not, gross!

You know, I really should clean my keyboard...soon. Like before 2010.