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ideal bite

a sassier shade of green

Three (Sick) Little Pigs

Wed, 05/06/2009 - 12:00am.



The Bite:

Don't wanna let in germs? Avoid huffing and puffing with a generous dose of regular soap - no antibacterial stuff necessary. Swine flu/H1N1 is a virus, not a bacteria, so plain, ol' soap will get you just as clean as anti-b, without making germs as strong as bricks.

The Benefits:

- **Blowing down the spread of germs.** U of MI researchers reviewed 27 studies conducted between 1980 and 2006, and found that plain soaps are just as effective as those containing the common antibacterial [triclosan](#).
- **Stick-ing it to megabacteria.** Antibacterial soaps with triclosan can reduce the effectiveness of antibiotics; our picks won't.
- **Saving cash for a new house.** Why spend extra for something that doesn't work any better?

Personally Speaking:

Last week, we decided to take precautionary measures and let the Ideal Bite staff work from home if they felt even a hint of sickness. Odd, but the number of people who felt bad didn't exactly equal the number of empty desks...

Wanna Try:

Wash your hands frequently with nonantibacterial soap and water for at least 20 seconds (or about the time it takes to recite your ABCs), and consider using an eco hand sanitizer when you can't get to a sink.

- [Tom's of Maine Liquid Hand Soap](#) - uses coconut and palm oils to cleanse; available in this nice-smelling lavender version and [unscented](#) (\$5/10.14 ounces).
- [Sappo Hill Glycerine Creme Soap](#) - inexpensive bar soap made with glycerine and coconut and palm oils; order without packaging for less waste (\$2/bar).
- [EO Hand Sanitizer](#) - lavender, lemon, and jojoba oil help disinfect on the go (\$10/8 ounces).