

用公厕里的烘手机烘干头发？烘手都嫌脏！

Expert warns against using hand dryers in public restrooms

近日 TikTok 上流行起了用公厕烘手机给头发做造型的新潮流，对此一位医学博士生表示，烘手机是滋生细菌的温床，烘手都嫌脏，更别说用来烘头发了。



[Photo/Pexels]

An M.D. candidate explained why you should never use those automatic hand dryers in public bathrooms.

一位在读医学博士建议人们不要使用公共厕所内的自动烘手机，并做出了解释。

TikToker @madmedicine recently shared a video about how those super convenient, contactless hand dryers actually don't stop the spread of bacteria. They make it worse.

TikTok 用户名为 madmedicine 的这位博士生最近分享了一个视频，指出这些超级方便的无接触烘手机事实上非但不能阻止病毒传播，还会加剧病毒传播。

The medical student reacted to a popular TikTok trend where people use hand dryers to curl their hair.

这位医学博士生的这一建议是针对 TikTok 上流行起来的一股用烘手机卷发的潮流。

"I hate to be the bearer of bad news, but those hand dryers in public restrooms are extremely disgusting," he explained.

"There have been actual studies done on those hand dryers to see if they spread bacteria. Spoiler alert: They tend to spread more bacteria compared to just towels."

他解释道：“我不想带来坏消息，但是公共厕所内的烘手机非常恶心。针对烘手机是否会散播病毒曾有人做过研究。剧透警告：烘手机散播的病毒比毛巾还要多。”

According to the Harvard Health blog, a 2018 study by the University of Connecticut and Quinnipiac University found that exposure to hot hand dryers exponentially grew bacteria colonies within a matter of seconds.

哈佛健康博客显示，康涅狄格大学和昆尼皮亚克大学 2018 年的一项研究发现，使用热风烘手机在短短数秒内就能以指数级的速度滋生出细菌菌落。

"Every time a lidless toilet is flushed, it aerosolizes a fine mist of microbes. This fecal cloud may disperse over an area as large as 6 square meters," Harvard Health stated.

哈佛健康指出：“无盖马桶每次冲水，含有细菌的气雾就会升腾而起。这些含有粪便细菌的气雾可扩散至 6 平方米远。”

This means that each time someone flushes a toilet, particles of fecal bacteria spread through the air. When the bacteria comes in contact with a hot hand dryer, it multiplies. The best way to dry your hands and prevent bacteria from surviving on them is to use a paper towel.

这意味着每当有人冲马桶，粪便细菌颗粒就会通过空气传播。当细菌接触到烘手机的热风后，就会成倍滋生。把手弄干同时防止细菌在手上存活的最佳办法就是用纸巾擦手。