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# Beware: Vintage Clothes in Thrift Shops May Carry Diseases

## Description

The increasing demand for secondhand and vintage clothing in recent years reflects a growing trend among consumers who view pre-owned fashion as a cost-effective and sustainable way to enhance their wardrobe. However, before diving into your latest thrift store finds, it is essential to thoroughly disinfect them. This precaution is necessary because clothing can serve as a significant reservoir for various infectious diseases.

The human skin harbors millions of bacteria, fungi, and viruses, collectively known as the skin microbiome. Consequently, every garment we wear inevitably comes into contact with these microorganisms. Among the common microbes found on the skin are Staphylococcus, Streptococcus, Candida, and Human papillomavirus, which can lead to staph infections, strep A, thrush, and HPV, respectively.

Research has revealed that clothing can harbor a wide array of infectious pathogens, such as Staphylococcus aureus, Salmonella, E. coli, norovirus, rotavirus, and fungi causing athlete's foot and ringworm. A survey conducted on secondhand clothing sold in a market in Pakistan detected the presence of Bacillus subtilis, Staphylococcus aureus, and parasites that can cause skin infections.

It is crucial to wash newly purchased secondhand clothing with detergent at temperatures around 60°C to eliminate dirt, germs, and pathogens effectively. Cold water may not be as efficient in eradicating pathogens, so using laundry disinfectants as an alternative is advisable. Additionally, it is recommended to wash secondhand clothes separately from regular laundry and employ additional measures such as soaking the clothes in hot water with antibacterial detergent and using a hot tumble dryer or steam iron treatment to ensure thorough disinfection.

While sellers often claim to wash clothing before selling, it is still recommended to wash any secondhand garments to minimize infection risks effectively. Advanced precautions, such as washing new clothes before wearing them, can further reduce potential health hazards associated with secondhand clothing.

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## Vocabulary List:

1. **Infectious** /ɪn'fɛkʃəs/ (adjective): Capable of causing infection.
2. **Reservoir** /'rɛzər,vwɑr/ (noun): A place where something is stored or collected often referring to a source of disease or infection.
3. **Microbiome** /,maɪkrəʊ'baɪoʊm/ (noun): The community of microorganisms living in a particular environment.
4. **Pathogens** /'pæθə,dʒɛn/ (noun): Microorganisms that can cause disease.
5. **Detergent** /dɪ'tɜrdʒənt/ (noun): A substance used for cleaning especially in laundry.
6. **Disinfect** /,dɪsɪn'fɛkt/ (verb): To clean something to destroy or remove harmful microorganisms.



## Comprehension Questions

### Multiple Choice

1. Which of the following best describes the consumers' view on pre-owned fashion?  
Option: Cost-effective and sustainable  
Option: Trendy and expensive  
Option: Non-essential and wasteful  
Option: Complicated and outdated
2. What is one reason cited for thoroughly disinfecting secondhand clothing?  
Option: To prevent fading of colors  
Option: To eliminate bacteria and pathogens  
Option: To improve fabric softness  
Option: To create a pleasant fragrance
3. What is the recommended temperature for washing newly purchased secondhand clothing?  
Option: 30°C  
Option: 45°C  
Option: 60°C  
Option: 80°C
4. Why is it advised to wash secondhand clothes separately from regular laundry?  
Option: To save time  
Option: To avoid color bleeding  
Option: To prevent pathogen spread  
Option: To reduce detergent usage
5. What additional measure is recommended for thorough disinfection of secondhand clothes?  
Option: Tumble dry only  
Option: Steam iron treatment  
Option: Air drying  
Option: Spot cleaning
6. Why is it still recommended to wash secondhand garments even if sellers claim to have washed them?  
Option: To improve fabric quality



- Option: To minimize infection risks
- Option: To increase resale value
- Option: To reduce clothing shrinkage

### True-False

7. Consumers view pre-owned fashion as a cost-effective and sustainable option.
8. Cold water is as effective as hot water for eradicating pathogens from clothing.
9. Washing secondhand clothes separately from regular laundry is not necessary.
10. Employing additional measures like steam iron treatment is recommended for thorough disinfection.
11. Washing new clothes before wearing them can reduce health hazards associated with secondhand clothing.
12. Sellers always ensure thorough disinfection of secondhand garments before selling them.

### Gap-Fill

14. A survey conducted on secondhand clothing sold in a market in Pakistan detected the presence of *Bacillus subtilis*, *Staphylococcus aureus*, and parasites that can cause skin infections. It is crucial to \_\_\_\_\_ any secondhand garments to minimize infection risks effectively.
15. *Staphylococcus*, *Streptococcus*, *Candida*, and Human papillomavirus are common microbes found on the skin that can lead to staph infections, strep A, thrush, and HPV, respectively. Every garment we wear inevitably comes into contact with these \_\_\_\_\_.
16. Research has revealed that clothing can harbor a wide array of infectious \_\_\_\_\_, such as *Staphylococcus aureus*, *Salmonella*, *E. coli*, norovirus, rotavirus, and fungi causing athlete's foot and ringworm.



17. While sellers often claim to wash clothing before selling, it is still recommended to \_\_\_\_\_ any secondhand garments to minimize infection risks effectively.
18. Advanced precautions, such as \_\_\_\_\_ new clothes before wearing them, can further reduce potential health hazards associated with secondhand clothing.

## Answer

**Multiple Choice:** 1. Cost-effective and sustainable 2. To eliminate bacteria and pathogens 3. 60°C 4. To prevent pathogen spread 5. Steam iron treatment 6. To minimize infection risks

**True-False:** 7. True 8. False 9. False 10. True 11. True 12. False

**Gap-Fill:** 14. wash 15. microorganisms 16. pathogens 18. washing

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What type of disease is caused by pathogens?  
Option: Non-communicable  
Option: Infectious  
Option: Genetic  
Option: Autoimmune
2. Which substance is commonly used for cleaning clothes?  
Option: Water  
Option: Detergent  
Option: Vinegar  
Option: Bleach
3. Which process involves the conversion of food into energy for the body?  
Option: Digestion  
Option: Circulation  
Option: Respiration  
Option: Metabolic
4. Which concept aims to meet the needs of the present without compromising future generations?  
Option: Luxury



- Option: Sustainable
- Option: Disposable
- Option: Excessive

5. What term describes an amount that is more than necessary or normal?

- Option: Moderate
- Option: Adequate
- Option: Deficient
- Option: Excessive

6. Which food group includes beans lentils and chickpeas?

- Option: Grains
- Option: Fruits
- Option: Vegetables
- Option: Legumes

7. What term relates to the measurement of energy in food?

- Option: Nutrient
- Option: Caloric
- Option: Protein
- Option: Fiber

8. What term refers to substances that provide nourishment for the body?

- Option: Caloric
- Option: Fiber
- Option: Protein
- Option: Nutrient

9. What is the collective term for all the microorganisms living in a particular environment?

- Option: Microorganism
- Option: Pathogen
- Option: Microbiome
- Option: Reservoir

10. Which term relates to the biochemical processes within living organisms?

- Option: Anabolic
- Option: Metabolic
- Option: Catabolic
- Option: Synthesis

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**



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11. When handling chemicals it is essential to exercise \_\_\_\_\_ .
12. Individuals with allergies often have heightened \_\_\_\_\_ to certain substances.
13. The software allows for the \_\_\_\_\_ of user interfaces based on personal preferences.
14. The security of the system was \_\_\_\_\_ due to a vulnerability in the software.
15. When managing tasks \_\_\_\_\_ helps in focusing on what needs to be done first.
16. The repair costs were \_\_\_\_\_ to reach \$500 but they went over budget.
17. The new design will involve \_\_\_\_\_ feedback received from customers.
18. Regular exercise can help \_\_\_\_\_ overall fitness and well-being.
19. The company plans to reduce unnecessary \_\_\_\_\_ to improve profitability.
20. Athletes often follow a strict training \_\_\_\_\_ to maintain peak performance.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**



21. Infectious diseases are caused by harmful microorganisms like bacteria and viruses.
22. To kill germs and prevent infections it is important to clean and sanitize surfaces regularly.
23. People who are lactose intolerant often choose dairy-free alternatives for milk and cheese.
24. The weather forecasters are that the snowfall will reach record levels this winter.
25. Chemical reactions in the laboratory involve the of new compounds from various elements.
26. When working with sharp tools it is crucial to handle them with care and .
27. After the data breach the security of the network was and needed urgent attention.
28. Using renewable energy sources like solar and wind power is key to building a future.
29. The gut plays a vital role in digestion and overall health.
30. Regular physical activity is beneficial for cardiovascular health.

## Answer

**Multiple Choice:** 1. Infectious 2. Detergent 3. Metabolic 4. Sustainable 5. Excessive 6. Legumes 7. Caloric 8. Nutrient 9. Microbiome 10. Metabolic

**Gap-Fill:** 11. caution 12. sensitivity 13. customization 14. compromised 15. prioritizing 16. estimated 17. incorporating 18. enhance 19. expenditure 20. regimen

**Matching sentence:** 1. Pathogens 2. Disinfect 3. Dairy-free 4. Estimating 5. Synthesis 6. Caution 7. Compromised 8. Sustainable 9. Microbiome 10. Enhancing

## CATEGORY

1. Health - LEVEL5

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