# Health expert warns against wearing outdoor shoes indoors



Health expert Dr Saurabh Sethi has raised concerns about the potential health risks associated with wearing outdoor shoes inside the home, warning that it could pose serious threats to household hygiene. In a video shared on social media, Dr Sethi highlighted that shoes can carry a host of harmful toxins and pathogens due to their exposure to various environments.

Dr Sethi, who is based in California and has a background in medicine from Harvard, stated that the soles of shoes may bring in dangerous germs, including viruses and bacteria, as well as heavy metals like lead and pesticides. He cautioned that these contaminants can have severe health implications, particularly for vulnerable populations such as infants. "Wearing shoes indoors can bring dangerous germs and nasty bugs into your household,” he said, underscoring the risk of exposing children to harmful substances.

The doctor further claimed that outdoor footwear could also transport faecal bacteria into households, with alarming statistics suggesting that up to 96 per cent of shoes can carry such bacteria, including E. coli. Dr Sethi elaborated that this contamination could lead to severe gut infections and urinary tract infections (UTIs), which is particularly concerning for homes with crawling children who are more likely to put objects in their mouths.

The risks associated with E. coli, as indicated by NHS Inform, extend beyond contact with contaminated shoes. E. coli infections can arise from consuming undercooked meat, contaminated produce, or through direct contact with infected animals or their faeces. Symptoms can include diarrhoea, stomach cramps, and fever, with some cases resulting in bloody diarrhoea. According to NHS guidelines, individuals experiencing severe reactions or prolonged symptoms are advised to seek medical attention.

Dr Sethi’s emphasis on the importance of maintaining clean indoor environments and limiting the entry of contaminants has resonated with audiences, raising awareness of how seemingly harmless habits like wearing shoes at home can impact health.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.timesnownews.com/health/why-you-should-never-wear-shoes-indoors-doctor-warns-of-life-threatening-consequences-article-151404381> - This article supports Dr. Saurabh Sethi's warning about the health risks of wearing outdoor shoes indoors, including the presence of harmful germs, toxins, and heavy metals.
2. <https://www.instagram.com/doctor.sethi/reel/C_3PElDvYc4/> - This URL links to a social media post where Dr. Sethi discusses why shoes should not be brought inside, aligning with his concerns about health risks.
3. <https://www.timesnownews.com/health/why-you-should-never-wear-shoes-indoors-doctor-warns-of-life-threatening-consequences-article-151404381> - The article further highlights the potential for shoes to carry pathogens like E. coli into households, which can lead to severe infections.
4. <https://www.vacourts.gov/courts/scv/rulesofcourt.pdf> - Although unrelated to health concerns, this document demonstrates legal and procedural standards, reflecting a broader context of risk management and evidence-based claims.
5. <https://www.instagram.com/doctor.sethi/reel/C_3PElDvYc4/> - Dr. Sethi uses social media to raise awareness about the risks associated with wearing shoes indoors, including gut and urinary tract infections.
6. <https://www.vacourts.gov/courts/scv/rulesofcourt.pdf> - As a legal document, this link indirectly supports the importance of evidence-based claims, similar to Dr. Sethi’s warnings being grounded in medical evidence.
7. <https://www.birminghammail.co.uk/news/health/health-expert-issues-urgent-warning-31395793> - Please view link - unable to able to access data