



EVERYTHING YOU NEED TO KNOW TO KEEP YOUR HOUSE HEALTHY AFTER FLU

Abstract

Cold and flu season is upon us, and it's almost inevitable that someone in your family will get sick. But even after they've bounced back to health, your work isn't finished. Proper cleaning is essential to prevent the spread of germs to other members of the household. Here, we have shared everything you need to know to keep your house healthy after flu.

1.Introduction

When we spend such a large chunk of our time at home, creating an environment that supports wellness is a worthwhile investment.

Scary fact: pollution levels inside our homes can be up to five times higher than those outdoors, thanks to a combination of household chemicals, cooking odours, mould and allergens all congregating together in one confined space. So at a time when we're more health-conscious and eco-conscious than ever, it pays to give careful thought to the products that we use to build, furnish and clean our homes and how we can minimise our exposure to toxins.

Whether you suffer from allergies or asthma, or just want to limit your exposure to unnecessary chemicals, here are some simple and effective changes you can make today to create a healthy home.

Let's get started to know how to keep a house healthy after flu.



2. Tips For Creating A Healthy Home

2.1. DEAL WITH DUST

Most of the dust in our homes comes from outside (dirt, pollen, smoke particles), while the rest is made up of indoor matter like carpet fluff, clothing fibres and pet hair. Dust mites are little critters invisible to the eye that feed on this dust. They can aggravate allergies, asthma and eczema. Get rid of the dust and you'll get rid of the mites. Here's how:

2.2. WIPE YOUR FEET

You can prevent pollutants being tracked into your home by simply encouraging people to wipe their shoes on a doormat – place one at every entrance as a reminder – or go one better and ask them to remove their footwear before they enter.

2.3. FRESHEN UP YOUR BED

If you think you have a dust mite problem, wash all your bedding in hot water and leave it to dry in the sun – you can drag your mattress and pillows out to air on a hot day, too. Vacuum your mattress thoroughly, then cover it with "a good-quality, washable mattress protector and correctly fitting sheets to keep it fresh and free of stains," says expert, general manager of product for Snooze. As a guide, aim to wash your sheets weekly, replace old pillows every two years and buy a new mattress every seven to eight years.

2.4. VACUUM PROPERLY

Look for a bagless vacuum cleaner with a HEPA filter, which traps fine dust particles and stops them from being released back into the air. Attachments for cleaning furniture, curtains, ceilings and skirting boards are also a plus. As a general rule, aim to vacuum carpets and rugs twice a week, or more often if you have pets.

2.5. MINIMISE MOULD

Mould is a type of fungi that grows in damp and poorly ventilated areas – in particular, bathrooms, kitchens and laundries. Inhaling mould spores can trigger

nasal congestion and cause wheezing, coughing and throat irritation. To eliminate mould growth, you need to control the source of the moisture.

2.6. REDUCE DAMPNESS

Wipe up spills when they occur and ensure rugs and carpets can adequately dry. Hang up wet towels, squeegee or towel-dry tiles and floors immediately after showering, and make an effort to regularly clean bathroom scum, which mould feeds on.

2.7. FIX LEAKS AND SPILLS

Dripping taps aren't just annoying to listen to – over time, they can become a breeding ground for mould spores. The same goes for leaking pipes and toilets.

2.8. VENTILATE, VENTILATE!

When the weather permits, open up your doors and windows to create good airflow. And don't forget to switch on extraction fans when cooking, showering or using the clothes dryer.

2.9. CLEAR THE AIR

We spend a good portion of our lives indoors, where household fumes can accumulate. Poor indoor air quality can cause mild headaches or tiredness, along with more severe asthmatic and allergic reactions. Take these steps to improve the air you breathe.

2.10. INVEST IN AN AIR PURIFIER

As the name suggests, these portable devices extract odours, chemical vapours and pollutants from the air in our homes. Some air purifiers also help keep germs at bay! while the humidifier makes it difficult for the germs to grow and spread."

Indoor plants also act as natural air purifiers and are proven to benefit our health and wellbeing.

2.11. ELIMINATE CHEMICALS

Cleaning with chemicals presents a whole host of problems. They can emit hazardous odours, leave a residue behind on food-prep surfaces, plus there is the risk of having dangerous products around young children and pets. Instead,

consider natural, plant-based products, or try the ENJO range of cloths and gloves. "Rather than killing bacteria with chemicals, the fibre technology in our products lifts, traps and removes dirt and bacteria from your home's surfaces,".

2.12. BE WARY OF VOCS

Volatile organic compounds are chemicals found in many household products including paint, carpet, flooring and furniture. When released into the air, they can cause headaches, dizziness and may lead to chronic health problems. "The most well-known VOC is formaldehyde, which is found in natural wood, along with glues, lacquers, even some foods,". As such, it's important to assess the chemical emissions of products when renovating and decorating. Rubber, laminate and cork are all low-VOC flooring choices, while many paint companies have low-VOC ranges, which are low-odour, allergy friendly and environmentally friendly.

3. Hygiene At Home

To help slow the spread of germs, especially if you live with others, here are our top tips for home hygiene.

Clean common areas

Clean frequently-touched surfaces with a wet cloth and detergent at least once daily. Pay special attention to areas like remotes, doorknobs, handles, light switches, touch screens, desks, toilets, and sinks.

If you live with a lot of people you might even need to disinfect regularly-touched surfaces. Disinfectant is different to routine cleaning, as it uses chemicals to kill germs.

Clean up after meals

Clean up immediately after meals using hot, soapy water or a dishwasher to kill any germs on used items like bowls, plates, knives, and forks. Also make sure to wipe down areas which are often touched during mealtimes, like tables, chairs, and benches. This makes sure the areas are clean and ready for the next meal.

No share plates

Right now, it's best not to use share plates or food platters. Instead, serve food on to your own plate using clean utensils. This lowers the risk of spreading germs by touching food that others will be eating. It's also safest not to share drinks.

If possible, use your own cutlery, plates and cups

In most large households, people often share plates, mugs, and other utensils. But it's safest to only use your personal items and avoid sharing. If you do need to share items, make sure you wash anything you use immediately after use with hot, soapy water or put it in the dishwasher.

Eat in shifts

In some homes, particularly those with a large number of people, you may find that it gets busy at mealtimes. To help slow the spread of germs, try eating in smaller groups so there is enough distance between people. All surfaces touched during a meal should be wiped down before the next group comes in.

Handling food

When preparing food for yourself or others, good hygiene is key to limiting the spread of germs. Wash your hands with soap and water before touching or preparing food, and regularly throughout the cooking process.

Always maintain good food safety by thawing, cooking, and storing food correctly. Avoid cross-contamination of bacteria on surfaces, and keep food at the right temperature.

Wash your hands, even with limited water



If water is limited, there are still things you can do to keep your hands clean and safe. If you don't have easy access to water, use an alcohol-based rub (hand sanitiser). You can also wash your hands by turning the tap on then off to quickly wet your hands, then rub soap into them for 20 seconds, then turn the tap back on to rinse the soap away.

Socially distance in shared spaces

Social distancing in share houses or group homes can be easy. Try to keep 1.5 metres (about two big steps) between yourself and others (this doesn't apply to family members that you live with).

Keeping your distance means you avoid being close enough to another person to have their sneeze or cough spray land on you – which is how viruses spread. If need be, make a roster for when people can enter shared spaces like the living room and kitchen.

When living with young children, try setting up a separate entertainment area in a bedroom or other part of the house.

When sick, stay isolated

No matter the size of the household, if members are feeling unwell, they should get tested immediately.

Housemates or family members who have any illnesses should isolate in their personal sleeping areas. When this isn't possible, maintain good hygiene practices like washing hands regularly, avoiding touching your face (or others' faces), and covering coughs and sneezes. You should also wash shared sheets often, using soap or detergent.

If possible, those who are sick should use separate bathrooms and other shared areas. When someone who's sick does need to use a shared area, use disinfectant afterwards to remove germs on any surfaces they have touched. Wash your hands with soap and water immediately afterwards.

If children are unwell, parents should disinfect areas where the kids have been, and isolate with the kids at mealtimes to protect others in the house.

Disinfectant should always be used when people are feeling sick or showing signs of illness, whereas routine cleaning (when members of the household are well) does not require daily disinfectant. Never swallow bleach or other harsh cleaning product as this can lead to serious health issues or even death.

4. How to Properly Clean After a Household Illness

If someone in your household has a cold, the flu, or any other type of contagious illness, a key responsibility is to prevent the illness from spreading to others. Beyond frequent hand washing, proper cleaning is one of the first lines of defense, as viruses can live on surfaces. Here's how to correctly clean various household areas to kill germs.

Cleaning Supplies

Plain water and mild cleaners often won't do the trick when killing viruses, bacteria, and other germs. You must use a disinfectant, follow the product's directions, and allow it time to work. A quick swipe might not be enough.

For a homemade bleach cleaner that disinfects, do the following:

- Using a bleach that contains 5% to 9% sodium hypochlorite, mix 1/3 cup bleach per 1 gallon of room temperature water (or 4 teaspoons bleach per 1 quart of room temperature water).
- Mix new solution every day because chlorine bleach can lose its cleaning properties when exposed to air for long periods.
- When using a commercial cleaner, follow the label directions. For the homemade bleach-water solution, dip a clean white cloth or paper towel into the solution, and apply it to the surface that needs cleaning. Let it stand for at least three minutes, and then rinse the surface with plain water. The bleach solution can also be used via a spray bottle.

Toss a paper towel after you're done wiping with it, and wash a cloth after each use. Sponges should not be used for cleaning because they can harbor bacteria in the crevices. For items with small crevices, such as remotes and computer keyboards, you can use a cotton swab dipped in disinfectant to get into tight areas.

Bedrooms

Spending time in bed when you're sick leaves germs in the bedding fabric. To prevent spreading the illness and even reinfecting yourself, it's important to disinfect the bed linens.

Sheets and pillowcases need the most attention because they are in the closest contact with the sick person. Don't forget pajamas as well. If a sick child sleeps with a stuffed animal, it should be cleaned too. One of the best things you can do to protect yourself from catching another person's illness is to wear rubber gloves when handling soiled laundry. At the very least, keep the bedding away from your face and body. Always wash the items as soon as possible once the sick person is feeling a little better and can be out of bed. And disinfect the hamper or laundry basket to prevent cross-contamination with other clothes.

Also, don't forget to disinfect often-touched items, such as light switches, door knobs, and remote controls. Do this at least once a day when someone is sick.

Bathrooms



Bathrooms can harbor plenty of germs that will only multiply when someone is ill. Use a disinfectant cleaner, at least daily, in a sick person's bathroom on the following objects and surfaces:

- Toilet handle, seat, and lid
- Sink and shower handles
- Light switches
- Doorknobs
- Trash can
- Floor, especially around the toilet
- Toiletries handled during the illness

If possible, use a different bathroom from the one the sick person is using. If that's not an option, designate hand and bath towels that only the sick person uses, and change out all hand and bath towels daily. You also can switch to paper towels to dry hands for the duration of the illness. Wash towels and bath rugs in hot water, and dry them at high heat to kill germs.

Once the sick person is feeling better, throw away their toothbrush and wash the toothbrush holder.

Living Areas

It's sometimes hard to confine a sick person—especially a child—to their bedroom. So to prevent contamination of upholstery in common living spaces, cover the furniture with washable sheets or blankets. Change and wash them frequently. Also, remove decorative pillows that can't easily be washed, or cover them with washable pillowcases.

Frequently wipe down hard surfaces, such as phones, computers, remote controls, light switches, and doorknobs. If a toy has been used to keep the sick person entertained, it needs to be cleaned with a disinfectant. And don't forget to wipe down the coffee tables or side tables that the sick person might have touched.

Kitchens

To prevent the spread of germs, a sick person should not be in charge of preparing food for others. Even careful hand washing might not be enough to protect others, especially from easily spread illnesses such as norovirus. Because a kitchen has so many common items and surfaces onto which germs can spread, it's best to keep the sick person out of the kitchen entirely.

Wash all utensils and dishes the sick person has used at high heat in a dishwasher, or dip them in a disinfectant solution if you are hand washing dishes. You can use 1/2 cup of chlorine bleach to 1 gallon of water as a homemade solution.

Frequently wipe down hard surfaces—including tables, chair backs, refrigerator handles, and drawer and cabinet hardware—with disinfectant.

Cars

If a sick person has taken a ride in a car, that means the car will require some cleaning to kill any germs left behind.

After the trip, take a few minutes to wipe down the steering wheel, inside and outside door handles, dashboard controls, garage door opener, and keys or key fob. If you have a child in a car seat, it is particularly important to wash the car seat cover and wipe down every nook and cranny with a disinfectant spray or wipe.

5. How To Disinfect Your Home



When it comes to house cleaning, people generally focus on clutter, visible dust, dirt, stains, etc. You also need to eliminate germs, bacteria, viruses, etc., to make your home a healthier place. The best way to destroy them is by disinfecting your household surfaces.

Many overlook the significance of disinfecting a surface, but it is a mistake that can lead to allergies and bacterial infections. Always remember that your house cleaning is incomplete without disinfecting.

People who are not aware of the correct technique to clean and disinfect often contact professionals who offer the best bond cleaning Brisbane. The expert bond cleaners Brisbane are highly recommended at the end of the lease period, but you can also contact them anytime to deep clean your property.

However, to get the job done yourself, it is crucial to have the proper knowledge.

Read on to know more about how to disinfect your home.

How To Prepare?

If you want to disinfect your home in a flawless manner, you must prepare for it appropriately. It will help you to execute the task in an easier, safer and more effective way. Consider the following task as a part of preparation.

Make a Checklist

Prepare a detailed checklist of all the household surfaces you need to disinfect. Thoroughly check the bathroom, kitchen, living room and bedroom to ensure you do not skip any important spot. The checklist will help you to complete the task in an organised manner. It is one of the simple house cleaning hacks that you should always remember.

Put on Gloves

Most of the disinfectants available in the market contain harmful chemicals. These toxic substances are known to have a negative impact on the skin, and they can be painful. So before you perform the task, it is advisable to put on rubber gloves.

Use Clean Rags and Sponges

You cannot expect to eliminate germs and bacteria from a surface by cleaning it with dirty rags and sponges. They will spread more germs instead of removing them. So, make sure that all your cleaning tools are perfectly clean.

What You Should Use

To disinfect your household surfaces perfectly, you must use the right products. Otherwise, you won't get the result you want. Here are the two essential ways to accomplish the task.

Disinfectant Wipes

A disinfectant wipe is one of the most common products to sanitise household surfaces. There are several brands in the market, so you are free to choose as per your preference. People also use disinfectant sprays to carry out the task.

Natural Products

To disinfect the home without harmful chemicals, you must avoid using store-bought products. Instead, look for natural products such as rubbing alcohol and hydrogen peroxide. They are highly effective against all kinds of germs, bacteria etc., and entirely safe. Professionals, who offer eco-friendly bond cleaning in Brisbane, use such products.

Things To Remember

When you are disinfecting your home, it is crucial to keep in mind some important points. It will make the task more effective and easier. Overlooking such important things will lead to a waste of time and resources.

Clean Before Disinfect

People usually make the mistake of disinfecting a spot without cleaning it. You must avoid this mistake. Sanitising a spot without removing the dirt is a waste of time since it will promote the growth of bacteria very quickly. So, ensure everything is clean before you try to eliminate germs. It is the correct order to clean a house.

Focus on the High-Touch Points

Concentrate on the areas that are frequently touched by everyone when disinfecting your abode. It includes the doorknobs, wardrobe drawers, handles on the appliances, light switches, flush lever, TV remote, faucets, etc. Make a separate checklist of all the high-touch spots in every room to ensure you do not skip any spot.

Do Not Wipe Disinfectant Immediately

Allow the solution to settle on a surface before wiping it down. Otherwise, the solution won't be able to destroy bacteria and germs. So, do not wipe the solution

on a surface immediately after applying it. Wait for at least five to seven minutes before you wipe the spot with a clean cloth.

Best Way To Disinfect Your Home

The easiest and most effective way to ensure your home doesn't have germs and bacteria is by hiring a company that offers detailed bond cleaning in Brisbane. The professionals have expertise in cleaning and disinfecting all types and sizes of properties, so you can expect flawless results. Professional bond cleaning companies in Brisbane are always concerned about the health of their clients, so they follow green cleaning.

Disinfecting your home can be a little confusing and challenging. However, you cannot overlook the task as it makes the home healthier by preventing different types of allergies, infections and other health issues. To avoid the hassles of cleaning and disinfecting an entire house, contact certified bond cleaners in Brisbane. They will give you a flawless result.

6.How to Disinfect and Clean Your Home After the Flu

Which rooms should I disinfect first?

A whole-house cleaning spree may not be necessary, according to expert."Most people who have the flu tend to lay low, so you can skip cleaning your home from top to bottom," expert says. "Instead, focus on the bathroom and the kitchen, and any shared surfaces in the bedroom." Clean each space where the sick person has spent time and try to retrace his or her steps as you clean. If they ventured into the kitchen for some soup, for example, remember to disinfect the countertops, refrigerator handles, faucet, cabinet hardware, and any other areas they may have touched.

Which surfaces are most important to disinfect?

Commonly touched hard surfaces, such as TV remotes and door handles, can become breeding grounds for germs. While these areas should be regularly cleaned year-round, it's especially important when someone in your household falls ill. In fact, the flu virus can live on these surfaces for up to 48 hours, says expert."Disinfecting frequently-touched, non-porous surfaces and items around the home like tabletops, remote controls, light switches, and doorknobs should

become part of a daily routine during cold and flu season to help prevent the spread of illness," they says.

Is there anything else that needs to be cleaned after an illness?

Sick people tend to spend a lot of time in bed, so it's essential to disinfect sheets, pillowcases, and other bedding after an illness. Cell phones and tablets can also harbor bacteria, so don't forget to clean any electronic devices the person handled while sick. And, according to the CDC, washing your hands frequently with soap and warm water—or using an alcohol-based hand rub, if that's not an option—is another effective way to stop the spread of germs.

When should I start cleaning after being sick?

For hard surfaces that other family members frequently touch, don't delay cleanup. "Start disinfecting those high-touch surfaces as soon as you know a family member or roommate has the flu—don't wait for a regular cleaning day!" expert says. However, they suggests waiting until flu symptoms subside to wash sheets and blankets.

What cleaning products should I use to disinfect?

Choosing the right product for each cleaning job is key to effectively eliminating lingering germs. "Preventing the spread of the flu is serious business, and you absolutely need EPA-registered disinfectants that target flu germs," expert says. To sterilize the bathroom, bleach does the trick. They suggests using a half-cup of bleach mixed with one gallon of water to wipe down all toilet surfaces (including the handles), as well as other bleach-safe spots like sinks, counters, and faucets.

To disinfect clothing and bedding after a family member has been sick, expert suggests washing them with laundry sanitizer, which kills bacteria that regular detergents could leave behind.

They also suggests disinfecting wipes for a multitude of bacteria-harboring areas, including light switches, doorknobs, refrigerator handles, and more. "These are great for disinfecting surfaces that aren't safe for bleach or are just more difficult to clean," they says. "Make sure surfaces stay wet after wiping for 15 seconds to kill influenza germs; that's all it takes!"

Dealing with an illness under your roof is never fun, but these cleaning steps will help stop the flu from spreading any further. With proper disinfecting, you can get your household back to full health.

7. Cleaning Hit List: What to Disinfect

When someone in your family has had a cold or the flu, do you scrub everything in sight and throw every item in the sick person's room into the laundry?

Give yourself a break.

"Parents will say, 'I bleached the house from top to bottom,' but I think that's overdoing it," says expert. "Focus on items that really matter: shared spaces and frequently touched surfaces."

How to Disinfect

Disinfecting should be part of your usual cleaning routine, whether or not anyone at home is sick.

Check the label to make sure the disinfectant works against the viruses you're targeting, such as cold and flu viruses, says expert. When you use disinfectant sprays, paper towels are better than sponges, but disposable disinfectant wipes have an advantage.

"Sponges and dishcloths just tend to spread things around," says expert. "With paper towels, you spray, wipe, and remove [the disinfectant spray]. But when you use a disinfectant wipe, people wipe the surface and let it dry, which gives it more time to kill the organisms. It leaves some residual impact," expert says.

7 Things to Disinfect

Think about the items you touch a lot. Things people share are more likely to spread germs, says expert.

Focus on these items after someone has had a cold or the flu:

- Your phone. Eighty percent of phones in homes that have a child with the flu have the flu virus on them, according to research. That can include cell phones and land lines. "Cold and flu viruses survive on them, anywhere from a few hours to a few days," expert says.

- The remote control. It's one of the most touched -- and least cleaned -- items in your house. "If a child sneezes into her hand and touches the remote, the germs can get on the remote," expert says.
- The bathroom. Half of all bathroom faucets have cold and flu viruses when someone has a cold or flu, expert says. "Those tend to get contaminated because your hand goes right there." Give the sick person their own hand towel, to avoid spreading disease through a shared towel, Levine says. Don't reuse when wiping (for instance, don't wipe the toilet and then the sink).
- Tables. Kitchen tables, coffee tables, play-area tables, and night tables tend to host cold and flu viruses, because they're touched often and aren't wiped down enough, expert says.
- Computers. Check the maker's instructions before cleaning. You may be able to wipe keyboards or screens with an alcohol wipe or a paper towel sprayed with disinfectant.
- Stuffed animals. If possible, toss Teddy in the laundry. If it's not washable, keep it away from everyone for a few days to let viruses on its surface die.
- Sheets, blankets, towels. "These should be washed at high temperature with a color-safe bleach detergent," expert says. Wash your hands after handling them.

Also, everyone in your home should wash their hands more often when someone is sick. Soap and water or hand sanitizers work well, expert says.

8.Safe Methods of Disinfecting Your Home

It's the weekend and time to clean the house. You're elbow deep in rubber gloves, wielding a can of disinfectant in one hand and a bottle of bleach in the other. Sure, you want to disinfect your home, but who wants all of those chemicals floating around in the air that you breathe?

The good news is you don't need to use harsh chemicals to keep your house clean and germ-free. And the best part about using natural products is that they tend to be cheaper than a bottle of store-bought household cleaner. Here are five safe methods you can use to disinfect your home that won't break the bank.

1. Vinegar

Anyone who has used vinegar as a cleaning solution is bound to give it rave reviews. This is because despite its stinky nature, vinegar is an all-natural disinfectant. It contains acetic acid, which gives it antimicrobial properties and makes it great at killing mold. Vinegar has endless uses in the household; it's ideal for cleaning glass and stainless steel without leaving streaks. It can also get that nasty mold out of your toilets and sinks, and it's safe for washing all of your fresh produce. Some tough jobs around the house call for straight vinegar, but for those everyday jobs, just mix one tablespoon of vinegar with 1 cup (29 milliliters) of water and keep it in a spray bottle.

2. Hydrogen Peroxide

You've surely used hydrogen peroxide to clean out a cut before applying a bandage, but did you know it's also great for household cleaning? It does wonders on stains in both carpets and clothes, and when used in conjunction with vinegar, it's an excellent scum buster on tubs and tile. And unlike vinegar, hydrogen peroxide doesn't have a noticeable smell nor does it need to be diluted with water. It's also handy for washing your produce and whitening your teeth.

3. Lemon Juice



If your house is plagued with alkaline stains like soap scum, crank out the lemon juice. The citric acid in lemons helps break down that annoying scum better than just about anything else. And you can also use lemons to shine up your copper pots and pans so they'll look like new. But more than that, these tart fruits also are able to sanitize and disinfect non-porous surfaces, and reduce bacteria on hard surfaces — and they smell way better than vinegar.

4. Tea Tree Oil

Tea tree oil is an all-natural essential oil that's extracted from the leaves of the Australian Melaleuca tree. Because tea tree oil is naturally antibacterial, anti-fungal and antiseptic, it's commonly used in cosmetics and skincare, but it's also a great household cleaner when mixed with water. It's so concentrated that all you need is a few drops to create an effective cleaner. Use it in everyday applications like cleaning countertops and tile. It's also good for disinfecting areas where pets have had accidents or kids have gotten sick.

5. Soap and Water

If you're not dealing with a heavy-duty germ situation and just generally want to get your house clean, then soap and water is the original eco-friendly cleaner. Soap provides a lather that's able to mix oil and water together in a way that attracts and suspends dirt so that it can be rinsed away. So a bucket full of hot, soapy water is always your best bet for cleaning floors, countertops and other household surfaces.

Conclusion

Hope you like this guide!! We have shared all the useful info that can help you to keep your house healthy.

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