

# COMPLETE GUIDE TO HYGIENE: SIMPLE STEPS TO KEEP YOUR HOME GERM-FREE



## **Abstract**

The "Complete Guide to Hygiene: Simple Steps to Keep Your Home Germ-Free" offers a comprehensive overview of practical measures to maintain a clean and healthy living environment. It covers various aspects of hygiene, including personal hygiene, surface cleaning, and air quality improvement, providing readers with actionable tips to reduce the spread of germs and prevent illnesses.

The guide begins by emphasizing the importance of hygiene in promoting overall health and well-being. It then delves into specific strategies for maintaining cleanliness, such as proper handwashing techniques, cleaning and disinfecting frequently touched surfaces, and ensuring adequate ventilation in living spaces. Additionally, the guide discusses the significance of using the right cleaning products and equipment for different surfaces and materials.

**"Discover the secrets to a cleaner, healthier home with our Complete Guide to Hygiene!"**

## **What is Hygiene?**

Hygiene encompasses a wide range of practices that are aimed at maintaining health and preventing the spread of disease. It involves personal habits such as washing hands, bathing regularly, and maintaining cleanliness in the environment. Good hygiene is essential for preventing the spread of infectious diseases, especially in crowded or unsanitary conditions.



One of the key aspects of hygiene is proper sanitation, which includes the safe disposal of waste and the use of clean water for drinking and cooking. Sanitation also involves the maintenance of clean and safe living conditions, such as keeping living spaces free of pests and ensuring that food is stored and prepared properly.

## **What Is Personal Hygiene?**

Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health.

In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection.

On a social level, people may avoid a person with poor personal hygiene, which may result in isolation and loneliness.

## **Types of personal hygiene**

There are many types of personal hygiene.

The following list is a good starting point for someone looking to build a personal hygiene routine:

### **Dental**

Dental hygiene involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.

### **Body**

Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor.

Washing the body will help prevent skin irritation, as well as removing the bacteria that cause body odor. Washing the hair removes oil and keeps a person looking clean and fresh.

### **Hand washing**

Regular hand washing is one of the best ways to avoid spreading communicable diseases.

The Centers for Disease Control and Prevention (CDC)

recommend washing the hands at certain times:

- before, during, and after preparing food
- before eating food
- before and after looking after anyone who is vomiting or has diarrhea
- before and after treating a cut or wound
- after going to the bathroom

- after changing diapers or cleaning up a child who has used the toilet
- after blowing the nose, coughing, or sneezing
- after touching garbage or dirty surfaces or objects
- after handling pets or pet-related items, such as food

### **Nails**

Fingernails may harbor dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.

### **Hygiene routine tips**



Helpful tips for creating a hygiene routine include the following:

- Make it a habit: With daily practice, a new habit can become a regular part of life. Choose one area to focus on and practice until it becomes second nature.
- Set reminders: Using the notes app on a cell phone can be a great way to avoid forgetting any tasks.
- Use rewards: A sticker chart can be a brilliant incentive for children to maintain their personal hygiene.
- Invest in nice toiletries: Using products that smell good may encourage some people to stick to their personal hygiene routine.

# **What are the best practices for disinfecting surfaces in the home?**

DAILY REPORTED CASES of Covid-19 are rising in near half the U.S. states and more than 200,000 people in the U.S. and more than a million in the world have died from Covid-19. Nevertheless, people are filtering back into restaurants for indoor dining and into places like museums (at reduced capacity).

Regardless of how much you plan to take advantage of opening shops, bars, restaurants, and parks, you should continue social distancing, using a mask when near others outside your home, and maintaining good cleaning habits. The SARS-CoV-2 virus—the coronavirus that causes the disease Covid-19—isn't going away anytime soon. Cleaning and sanitizing surfaces in your home can help lower the chances you or a loved one will contract Covid-19 and lower the chances you might spread it to someone else.

The Centers for Disease Control recommends we all take steps to clean and sanitize high-touch surfaces in our homes. Below, we get into the weeds of how long the virus might last on surfaces, which disinfectants may kill it, and the steps you should take to keep clean.

Updated for October: We've updated our guide to reflect the growing scientific consensus that SARS-Cov-2 is less likely to spread by surface contamination than once thought earlier this year. We've included revised advice from the USPS regarding mail and packages, touched on the different risks levels of gathering indoors compared to outdoors, adding a link to guidelines for creating a social bubble, and clarified which areas and belongings should still be disinfected.

## **Wash and Moisturize Your Hands**

Wash your hands after you cough, sneeze, touch your face, use the restroom, or are about to leave one place for another. You should wash your hands when you leave and return from the grocery store, for instance. Picking up SARS-Cov-2 by touching surfaces isn't as much of a threat as we once worried it was, but it's still a risk.

Hand sanitizer is a fast cleaning method that works wonders. (Here's how to make your own.) It's no substitute for washing your hands, though. Soap and water won't necessarily kill all pathogens, but it will wash them off. The World Health Organization has detailed instructions on how to properly perform the 20-second hand wash.

Moisturizing your hands is also important. Dry, cracked skin is at greater risk for all kinds of infections, so apply a little moisturizer after you wash. It's nice! Most moisturizing lotions have similar ingredients, starting with water and glycerin, so the brand doesn't really matter. (Here are some hand lotions on Amazon.) If your hands are extra dry, look for something dermatologist-recommended with an "intensive" label, like Eucerin Advanced Repair, Neutrogena Hydro Boost, or Neutrogena Norwegian Formula.

## Stay Home

Stay home if you can, even if you're not sick. Being in large crowds or going out to restaurants poses unnecessary risks not just to yourself but to the people around you. The more you're in public, the more chances the novel coronavirus has to hitch a ride on your hands, clothes, or person. Millions of people are very vulnerable to this virus. Putting yourself at risk also puts them at risk.

"There will be a sizable portion of people who are older or who have other health conditions, and if they get sick all at once, they're going to overwhelm the health care system. So we're trying to decrease the number of transmissions," Dr. John Townes, head of infection prevention and control at the Oregon Health & Science University, told WIRED.

## Invest in a Cloth Face Mask



The CDC recommends that everyone wear a cloth face mask in public.

We have detailed instructions, and do's and don'ts, on masks in our [How to Make a CDC-Approved Cloth Face Mask](#) guide. We also have tested and picked our favorite face masks for adults and the best face masks for kids. It doesn't work if it's dangling under your chin or if your nose is poking over the top.

A cloth mask may help protect others if you happen to have the disease. Some people who have the disease show mild symptoms, or none at all—particularly, those who are young—so you or they may have it and not know. As far as we're aware, the novel coronavirus is transmitted through person-to-person contact or respiratory droplets. Just talking to someone can send droplets their way.

Do not put a mask on kids under 2 years old, but do help them social distance from others, and wash their hands. Evidence suggests kids are especially vulnerable to another condition caused by exposure to the coronavirus. Medical professionals have termed this condition Multisystem Inflammatory Syndrome in Children (MIS-C).

## Clean and Disinfect Your Home

The first thing you'll want to know is that cleaning and disinfecting are two very different things.

- Cleaning is about removing contaminants from a surface.
- Disinfecting is about killing pathogens.
- Do both daily if anything or anyone has entered or exited your home.

Transmission from person-to-person is a much greater risk than transmission via surfaces, but the CDC still recommends you clean and disinfect frequently touched surfaces in our homes at least once daily just to be safe if people touching them have been in contact with the outside world or people beyond their social bubble, since SARS-Cov-2 is capable of living on surfaces such as cardboard for 24 hours, but up to two or three days on plastic and stainless steel.

Examples of High-Touch Surfaces to Clean and Disinfect Daily:

- Doorknobs
- Table surfaces
- Hard dining chairs (seat, back, and arms)
- Kitchen counters
- Bathroom counters
- Faucets and faucet knobs
- Toilets (seat and handle)
- Light switches
- TV remote controls
- Game controllers

Now that you know what you're cleaning, here's how you should do it.

First Clean, Then Disinfect:

1. First, clean the surfaces, removing any contaminants, dust, or debris. You can do this by wiping them with soapy water (or a cleaning spray) and a hand towel.
2. Then apply a surface-appropriate disinfectant. The quickest and easiest way to do this is with disinfecting wipes or disinfectant spray.

That's it. Just adding these to your daily routine can help lower the risk of infection for you and anyone else in your household. If you aren't able to obtain disinfectants, just do a thorough job with the soap or cleaning agents you do have.

The EPA has a full list of disinfectants that will kill the novel coronavirus, but here are a few essentials to keep an eye out for. You can find most of these disinfectants online at Amazon or Walmart if your grocery store is out of stock. Most disinfectants should have a label that lists the viruses they're effective against, and that's what you'll want to look out for more than any particular active ingredient.

"If a disinfectant product has an indication for killing influenza, RSB, SARS virus, or other coronaviruses, then it should work against this one also," Townes said.

Disinfectants:

- Disinfecting wipes (Clorox, Lysol, or store brand will do)
- Disinfectant spray (Purell, Clorox, Lysol, all make sprays that will work)
- Isopropyl alcohol (also here)
- Hydrogen peroxide

How to Make Homemade Bleach Disinfectant Spray

If you can't find good disinfectants at the store, the CDC also has a recommended recipe for a homemade cleaning solution using household bleach.

- 4 teaspoons household bleach
- 1 quart water
- Pour both into one quart spray bottle, shake vigorously
- Spray on surface to disinfect, let sit for 10 minutes, wipe away with wet cloth

Bleach is excessive in most cases. You should never mix bleach solution with any other cleaning chemical, and it's likely to damage or discolor sensitive surfaces. Use it as a last resort if you can't source or acquire any other kind of disinfectant. Remember to wear gloves, open your windows (ventilation is your friend), and be careful. And please, please, don't drink it.

## **Why is it important to keep your home germ-free?**

It's fairly safe to say that for most people, cleaning isn't one of their favourite pastimes. Despite this fact and ironically enough, pretty much everyone wants to live in a tidy and healthy environment. Whether you like the idea of cleaning your house or not, it's essential to include it in your daily routine. After all, you spend almost half of your life inside your house, but few realise that your home and your health are linked to each other.



As well as keeping your house clean, anyone living with you, whether they be family or flatmates should incorporate proper hygiene habits to help maintain a healthy environment. This

may sound like a huge responsibility, but there are manageable tips you can try to help you ensure that your entire household is as safe and pristine as possible.

To get started, here are eight ways to help maintain a germ-free household:

## **1. Make The Bed**

You might be wondering how making your bed is connected to keeping your household clean and healthy. The first thing you see when you wake up is the state of your bedroom and everything in it. To start your day in a healthy and productive way, make it a habit to fix your bed daily and ensure that everyone in the household does the same.

Avoiding making your bed won't only lead to a cluttered room but also encourage dust to settle on your bedsheets. Moreover, a messy environment can adversely affect your sleep quality, leading to poor health in the long run. Fixing your bed will only take a minute or so, yet it can make a significant difference in the tidiness of your room. If you want the task to be easier to accomplish, you may opt for simple beddings, reduce the number of pillows, and remove some of your top sheets.

## **2. Do A Load Of Laundry Daily**

Another way to maintain a germ-free household is by tackling at least one load of laundry every day, or as soon as you have a full load at any rate. This will help you avoid having to deal with an overflowing pile of dirty clothes at the end of the week. Doing the laundry every time you have a full load will not only help minimise your workload during weekends but also keep your laundry free from clutter.

Additionally, don't forget to clean and disinfect your washing machine to keep bacteria, germs, and unpleasant odours at bay. This should be done every two months for best results.

## **3. Clean As You Go**

Pretty much everything you do is bound to produce waste or clutter in some way. As an example, while picking your outfit for the day, you may take other outfits out of your cupboard and dump them on your bed before you choose your final look. To keep everything neat, make sure to put everything back where you got it before you leave the room.

Another, more pressing example is when you're preparing meals in the kitchen. You may have to use several pans, plates, and utensils in order to get the job done, so when the food preparation is over, don't forget to wash and put away the used utensils and to tidy up the whole area. Failure to clean your kitchen may result in creating an environment that may lead to the growth of mold, attract insects or spread germs.

#### **4. Take Out The Garbage**

Never let garbage sit inside your house for too long, regardless of how little you think there is. Decomposing food waste may attract rodents, insects, and pests, which can carry all kinds of diseases or may lead to allergic reactions that may lead to conditions such as nausea or trigger asthma . Leaving your garbage too long may also lead to all manner of unpleasant smells. Try making it a habit to take out the garbage regularly, even if it's the last task you'll have to do to wrap up the night. Doing so will ensure that you wake up in a fresh and clean environment every day.

#### **5. Do The Dishes After Every Meal**



Just like how you clean up after using the kitchen, you should also do your dishes after every meal, or rinse the dishes and load the dishwasher if you have one. Failing to do so will simply clutter up your sink and leave a mess, and may attract insects, other pests, or mold. If you have a family or flatmates, encourage everyone to pitch in with the dishes or take turns cleaning after a meal. Washing the dishes right away will help keep your kitchen clean and germ free.

#### **6. Declutter**

The thing about clutter is that it can dominate your home quickly without you noticing it. Even the seemingly harmless act of putting your car keys on the table or leaving a piece of clothing on the floor can lead to unsightly clutter around the house if you get into the habit of not picking things up. Decluttering your house can be as simple as getting rid of the things you no longer use and either selling or donating them. The fewer items you own, the easier it is to keep your house organised.

## **7. Clean Your Refrigerator Regularly**

One of the most overlooked yet most frequently utilised appliances in the house is your refrigerator. You use it every day to store everything from fruits and vegetables to beverages and leftovers. If you rarely clean your fridge, it can become an unsafe place to store food. A dirty fridge can become a breeding ground for dangerous bacteria such as listeria, E. coli, and salmonella. If you smell something funky in your fridge, it's a sign that you need to clean it as soon as possible.

Thus, make it a habit to clean your fridge frequently. When doing so, make sure to first remove all the food and drinks inside and place perishable items in a large container such as an esky to keep them cold. If you have any food items that are old, starting to smell foul, or are expired, you should immediately throw it away to avoid contaminating the other food items you have. If anything spills in your fridge you should immediately clean the mess. Make it a routine to regularly wipe, clean, and disinfect the shelves inside the fridge.

## **8. Wipe Surfaces Down After Use**

Keep your home free from germs by wiping down surfaces after you use them. Wiping your coffee table, dining table, or your glass shower door can do wonders in keeping your home spotless. This will prevent the accumulation of grime, dust, and moisture.

## **How To Choose the Right Cleaning Products for Different Surfaces?**

An all-purpose cleaner is a space saver and an important tool in every home's cleaning toolbox. They are safe to use for tackling messes on a variety of surfaces across all the rooms of your home, from countertops, painted walls, floors, appliances, and bathroom and kitchen surfaces. The best ones will cut through grease and wipe up grime without tough scrubbing or leaving any residue behind. They are available in all sizes and scents, plus there are options with vinegar, bleach and plant-based ingredients.

At the Good Housekeeping Institute Cleaning Lab, we test hundreds of products every year, from major appliances like washing machines and dishwashers to floor cleaners and vacuums of all sizes. When we test all-purpose cleaners in our Good Housekeeping Institute Cleaning Lab, we evaluate how quickly and completely they dissolve grease and other soils we apply to our wall, floor, countertop, tile and appliance test surfaces. We assess how easy they are to use and rinse off and how much streaking, film or residue they leave behind. Finally, we review the label for any appropriate and required safety warnings and other claims. These are the best all-purpose cleaners in Good Housekeeping Institute tests.

### **1. Simple Green All-Purpose Cleaner**

Simple Green All-Purpose Cleaner is so versatile that it can be used either diluted or at full strength both indoors and outdoors and for heavy, average or light cleaning jobs. In our tests, it

cleaned surfaces, including tile, chrome, concrete, grill grates, cooking tools, patio furniture and more with impressive results. We also used it to remove stains we applied to carpet and cotton laundry swatches. It's the most versatile all-purpose cleaner we have ever tested. It's available in large-size jugs, too.

## 2. Elements All Purpose Cleaner



We've all likely used — or seen someone close to us use — diluted vinegar to clean surfaces at home. With this all-purpose cleaner from 9 Elements, you can clean your home with the power of vinegar without the often unpleasant, lingering smell. Our panel of testers rated this cleaner highly, with two testers awarding it a perfect five out of five for effective cleaning, pleasant scent and ease of use. Plus, if you enjoy this vinegar-based all-purpose cleaner, the brand also makes dish soap, laundry detergent and more vinegar-based products for all your home cleaning needs.

## 3. Mr. Clean Multi-Purpose Cleaner

For floors, outdoor furniture, and trash cans, mix ¼ cup of Good Housekeeping Seal star Mr. Clean Multi-Purpose Cleaner in one gallon of water. Or, for tough grime, use it directly from the bottle on a sponge. In our Lab, we put this all-purpose cleaner through a stain-fighting floor cleaning test where it cleaned up cola, jelly and other sticky messes from wood, tile and vinyl flooring. And besides being a great value, it works quickly and without the need for extra rinsing or wiping.

## 4. Purell Multi Surface Disinfectant

While we haven't tested this disinfectant cleaner in our Lab yet, this versatile and easy-to-use product from Purell has thousands of reviews online, so we had to include it in the fight against germs. The go-to sanitizer for hands now tackles home surfaces with its alcohol-based formula. Spray Purell Multi Surface Disinfectant on freshly cleaned hard surfaces, like countertops and faucet handles, to kill 99.99% of bacteria and viruses in up to 60 seconds — no post-spray rinse is required for food contact surfaces.

## **5. Clorox Scentiva Multi Surface Cleaner**

Who says products that clean well and kill germs have to smell bad? The bleach-free Clorox Scentiva Multi-Surface Cleaner powers through grime, while leaving behind the subtle scents of Pacific Breeze and Coconut, Tuscan Lavender & Jasmine, and Hawaiian Sunshine and Tahitian Grapefruit Splash. And if you like the scent, you're in luck: Most of them are also available in wipes, bathroom and toilet bowl cleaners. We haven't tested this in the Lab yet, but we've tried and tested dozens of other products from this brand and we trust their performance. To disinfect, the surface must remain wet for 10 minutes.

## **How to Properly Disinfect Surfaces and Use Steam Cleaning for Carpets and Upholstery?**

Do you know carpets or other delicate floor coverings contain an average of 500,000 to 700,000 bacteria per square metre? This is higher than the levels of germs found on a toilet seat. The most common germs harbour on these surfaces are E.coli, Staphylococcus aureus and Salmonella, which can cause various illnesses, such as food poisoning, skin allergies and respiratory infections.

If you are concerned about your family's health, focus on deep cleaning your carpets and upholstered furniture. Steam cleaning or hot water extraction is one of the most effective methods to clean and sanitise soft furnishings and floorings. The best part is that the process doesn't involve harmful chemicals, such as bleach and ammonia. Here is a complete guide to help you know how carpet and upholstery steam cleaning works. Follow this guide and keep your house in Perth clean and germ-free:

### **What Is Steam Cleaning?**

It is the most effective cleaning method that uses hot water vapour to break down and eliminate dust, dirt, stubborn stains and germs from surfaces. You can use a good quality steam cleaner to spruce up carpets, rugs, tile, appliances and grout lines. Steam cleaning basically works by using the heat of the steam to loosen stubborn stains and embedded dirt. The steam also eliminates lethal germs, allergens and bad odours- promoting healthy indoor space. Professionals also use heavy-duty steam cleaners when performing the best vacate cleaning Perth to clean multiple surfaces.

### **How Does Carpet & Upholstery Steam Cleaning Works?**

Here is a step-by-step guide to help you achieve desired results:

- **Prep Your Surface**

It is always good to vacuum your carpets and upholstery furniture before using a steam cleaner. Make sure you get rid of accumulated dust, pet hair, and other loose debris that are embedded deep inside the fibres. Also, check the care label to know the appropriate cleaning method

before getting into the cleaning process. You can hire trained people for a detailed vacate cleaning Perth and achieve sparkling results without causing any damage.

- **Pre-Treatment Is Important**

Don't forget to pre-treat stubborn stains, mould and heavily soiled areas using vinegar, mild dishwashing soap and warm water solution. White vinegar is acidic and can break down dirt and stains and make steam cleaning much easier and more effective.

- **Fill The Steam Cleaner With Water And Solution If Required**

The steam cleaning method involves a specialised machine, also known as a steam cleaner, that heats water to a high temperature and pressurises it to produce steam. So, fill the steam cleaner with water and a cleaning solution and attach the appropriate attachment for quality cleaning. Tip: You can use the best fabric upholstery cleaner that are safe and sound as well.

- **Steam Clean Your Upholstery And Carpet**

The machine slowly sprays hot water onto the surface. The heat and pressure break down stains, grime and mould from the fabric of your floor coverings and furnishings. Here are some key tips to remember when steam cleaning your delicate surfaces:



- Make sure you make long passes from wall to wall for effective cleaning.
- It is good to go slow with each stroke because running it too fast can leave moisture behind, which could cause mould infestation.
- You can also attach a brush attachment to dislodge embedded dirt and stains from your carpets and upholstery.
- Extraction Of Hot Water For Deep Cleaning
- Dry Your Carpets And Upholstery

It is important to prevent your delicate floor coverings from moisture after steam cleaning. Let your upholstery and carpets dry completely by providing appropriate ventilation. Also, don't let your kids and pets walk on the damp carpet or sit on upholstery until it is completely dry.

## **What Are The Benefits Of Carpet And Upholstery Steam Cleaning?**

Here are some of the key benefits of steam cleaning :

- Removes Stubborn Stains With Ease

Steam cleaning can help you remove stubborn stains, grime, grease and mould from surfaces with ease. You can run the appliance over the affected area and see sparkling results.

- Kills Lethal Germs And Bacteria

Do you want to disinfect your carpets, rugs and upholstery furniture? Use a good quality steam cleaner because the hot water temperature is enough to kill harmful germs, allergens and bacteria.

- Improves Indoor Air Quality

The best thing about steam cleaning is that it contains no harmful chemicals and toxic solutions. You can add vinegar or mild dishwashing soap to tackle dust and grime. This works wonders and improves indoor air quality— promoting good health.

- Restores The Shine Of Your Floor Coverings

Steam cleaning is the most effective method to keep the shine of your carpets and upholstery intact throughout the process. You can use proper techniques and enhance its overall look and feel.

- Extends The Lifespan

The head from the steam can seal the fibres of your carpets and upholstery- making them resistant to grime, stains and normal wear and tear. That's why it is one of the most popular carpet cleaning services. If you are moving out of your rental property for the first time, then understand the legal aspects of end of lease cleaning and hire professionals for a quality vacate cleaning Perth and get your full bond back.

### **Wrapping Up**

You can restore the pristine shine and colour of your carpets and upholstery with the help of this steam cleaning guide. It is good to focus on investing in a quality and fully-featured steam cleaner that can remove stains, dirt, grime and germs with ease.

## **Simple Steps to Keep Your Home Germ-Free**

### **Start in Your Laundry Room**

Think your washing machine is one of the cleanest places in your house? Think again. Dirty laundry can fill your washer -- and future loads of laundry -- with bacteria and viruses. To keep it fresh, run your washer empty with a cup of bleach once a week. To kill germs, wash and dry your laundry at the highest temperature the fabric can stand.

## **Really Clean Your Towels**



- If only one person is using a towel, wash it once a week. Wash after each use if someone is sick.
- Wash gym towels after each workout.
- Wash kitchen towels separately from underwear and bathroom towels.
- Replace hand towels every few days, or every time you have guests.
- Hang towels to air dry. Don't reuse any in a heap on the floor.

## **Banish Bedroom Germs**

- Wash all bed linens at least once a week in hot water -- more often if someone is sick.
- Wash soiled items -- like clothes with grass stains -- separately from other laundry, especially sheets.
- Keep food and snacks out of bedrooms. Crumbs attract mold and bacteria.

## **Sanitize Your Family Room**

Germs hang out where you do -- especially spots everyone touches like telephones, coffee tables, TV remotes, and video controllers. Clean them often with disinfectant wipes. Use a damp microfiber cloth to gently wipe dust from your flat screen TV. Vacuum crumbs and clean spills right away, so bacteria doesn't grow in your carpets and furniture.

## **Clean Knobs and Railings**

Germs spread quickly on doorknobs, cabinet handles, railings, faucets, light switches, and lamps. Sanitize these surfaces once a week with disinfecting wipes or a disinfecting cleaner. Do

it more often if someone in your family is sick or if you have guests. This will help kill viruses like COVID-19 and the flu.

### **Wipe Down the Office**

Computer keyboards, desktops, and telephones are breeding grounds for germs, especially if you share equipment or eat while you work. Shake out your keyboard often, or use a vacuum attachment to remove junk. Then use a wipe to disinfect it. Or, get a skin for your computer keyboard and don't forget to wash it. Wipe your computer screen with a damp microfiber cloth.

### **Disinfect Kids' Rooms**

Kids get and spread germs easily. Once a week, wipe down all surfaces in your child's room with disinfecting wipes or spray. If you have a baby, be sure to really clean the diaper changing area, crib rails and slats, and plastic toys. Leave the disinfectant on for at least 30 seconds and then wipe well with moist paper towels or a clean, wet cloth.

### **Sanitize the Kitchen Sink**

Forget the bathroom. The kitchen sink is the second germiest place in the house. The kitchen sponge is No. 1. Bacteria from raw meats and other foods flourish and grow in your sink. Scrub it with a disinfecting cleanser every day. And that sponge? Wet it and zap it in the microwave for two minutes each day to help kill any E. coli and salmonella lurking there.

### **Scour the Bathroom**

Make an all-purpose bathroom cleaner by mixing two tablespoons of dish liquid, two tablespoons ammonia, and one quart of warm water. Use this for the tub, sink, floors, and shower. Rinse with clean water. A baking soda paste can help get rid of marks in the sink or tub. Using a squeegee on shower walls after each shower helps stop mold and mildew from growing.

### **Put a Lid on Toilet Germs**

Leaving the lid up when you flush can spread fecal matter and germs all over your bathroom, even to your toothbrush. To limit nasty germs, clean your toilet bowl weekly -- and keep the lid down. Use a wet cloth and an all-purpose cleaner to wash the lid, seat, and outside of the bowl. Then use a toilet brush and the cleaner to scrub inside the bowl.

### **Make Your Own "Greener" Cleaner**

Diluted bleach is best for disinfecting against germs. But for everyday cleaning, you can't beat white distilled vinegar. Mix one part white vinegar and nine parts water in a spray bottle or bucket. It will safely clean most surfaces and remove grease. Plus, it's safe to use around kids and pets.

## Don't Forget Hallways and Carpets



When you walk through your house wearing shoes, you're tracking everything you've stepped on outside, including *E. coli* and other bacteria that can cause illness. For the cleanest floors and carpets, and the least mess, leave your shoes at the door. If you do wear shoes inside, vacuum carpets and wash floors once a week.

### **Bottom Line**

In conclusion, prioritizing hygiene in your home is essential for overall health and well-being. By following the simple steps outlined in this guide, you can create a clean and germ-free environment for you and your family. From regular cleaning routines to proper handwashing techniques, every effort you make towards hygiene contributes to a healthier lifestyle. Remember, good hygiene habits are not just about cleanliness; they are also about preventing the spread of illness and promoting a healthier living space. So, take the time to implement these tips and make hygiene a top priority in your daily life.

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