SEP

2024

THE HYGIENE HANDBOOK

Your Comprehensive Guide to Health and Hygiene in the Home

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Abstract

Good hygiene in your home keeps your living spaces clean, healthy and comfortable.

Hygiene products designed specifically for the home play a vital role in keeping living areas, food preparation areas, bathrooms and bedrooms clean and comfortable, as well as efficiently cleaning your laundry items. These products help make household chores as quick and painless as possible, giving you time to spend enjoying other activities.

Having a clean, hygienic & healthy home also helps to make it a relaxing place to unwind, or to welcome and entertain guests.

Getting Started

Asking yourself 'what is hygiene?' and worrying about invisible germs might not seem important when you've just noticed the cat getting ready to climb on the dining table with half the litter box trailing behind them.

Luckily, getting to grips with good hygiene practices is easier than you think. Below are some great home hygiene tips to follow that'll help you keep top-notch health and hygiene at home.

WHY HYGIENE MATTERS

Skimping on hygiene might seem like NBD, and it isn't if we're talking about the occasional day you don't brush your teeth until noon. But it matters when it affects your life or that of the people around you.

In the most extreme cases, when left unattended, poor hygiene can breed disease that can affect you or others.

For example, not washing your hands after you use the toilet, handle food, or touch dirty surfaces can spread bacteria, viruses, and parasites. These can lead to infections and diseases, like food poisoning, gastroenteritis, cold and flu, and hepatitis A — just to name a few.

Poor dental hygiene can lead to tooth decay and gum disease, which can also affect the heart.

Not bathing can result in a skin condition called dermatitis neglecta and secondary infections.

An obvious lack of hygiene can also affect a person's work and social life. Some companies have a hygiene policy in place for the protection of employees and company image, especially if you have a public-facing role.

I. What Is Home And Everyday Life Hygiene?

In this pdf, you'll find some exceptional guidance because it looks at hygiene "holistically" from the point of view of the family, at home and in their everyday lives and the range of actions they need to undertake (food and water hygiene, handwashing, using the toilet, coughing and sneezing, care of pets, safe disposal of waste) in order to protect from infectious disease. It also includes caring for family members who are infected, or who are at greater risk of infection e.g patients discharged from hospital or undergoing outpatient treatment, babies, pregnant mums etc.

In line with this, IFH is committed to promoting hygiene education and developing community-based projects that will empower communities and individuals to take responsibility for their health in terms of hygiene in the home and its environment.

II. Why Is Home And Everyday Life Hygiene So Important?

Infectious disease continues to exert a heavy burden on health and prosperity. Although the majority of deaths occur in the developing world, infectious disease still causes around 4% of deaths in developed countries and is a significant cause of morbidity. Social, demographic and other changes mean that the importance of hygiene in home and everyday life is increasing rather than decreasing.

Food, waterborne and non-food-related infectious intestinal diseases remain at unacceptable levels. Despite people's general belief that foodborne infections occur outside the home, data collected from 18 European countries, suggests that about 31% of foodborne outbreaks occur in private homes. Norovirus, mainly spread from person-to-person, is the most significant cause of intestinal infections in the developed world, including 3 million cases per year in the UK, whilst rotavirus is the leading cause of gastroenteritis in children under 5.

On average, adults get 4 to 6 colds per year, while children get 6 to 8. Respiratory hygiene can limit spread of respiratory infections, particularly colds, but also influenza. Since respiratory and intestinal viral infections are not treatable by antibiotics, prevention through hygiene is key.

Governments, under pressure to fund the level of healthcare that people expect, are looking at prevention as a means to reduce health spending. Increased homecare is one approach to reducing health spending, but gains are likely to be undermined by inadequate infection prevention and control at home. Healthcare workers now accept that reducing the burden of infection in healthcare settings cannot be achieved without also reducing the circulation of pathogens such as norovirus and MRSA in the community.

Societal changes mean that people with greater susceptibility to infectious disease make up an increasing proportion of the population, up to 20% or more. The largest proportion comprises the elderly who have reduced immunity, often exacerbated by other illnesses. It also includes the very young, and family members with invasive devices such as catheters and people whose immuno-competence is impaired as a result of chronic and degenerative illness (including HIV/AIDS), or drug therapies such as cancer chemotherapy.

Emerging pathogens and new strains are a significant concern. It is remarkable that norovirus, Campylobacter and Legionella were largely unknown as human pathogens before the 1970s, with others such as E.coli O157 and O104 emerging in subsequent decades. Agencies worldwide recognise that, for threats such as new influenza strains, SARS and Ebola, hygiene is a first line of defence during the early critical period before mass measures such as vaccination become available. The low infectious dose

observed for several of the emerging pathogens, such as E.coli O157:H7 and norovirus, is an additional concern that emphasises the role that hygiene can play in prevention.

Antibiotic resistance is now a global priority. Hygiene addresses this problem by reducing the need for antibiotic prescribing and reducing "silent" spread of antibiotic resistant strains in the community and hospitals. As persistent nasal or bowel carriage of these strains spreads in the healthy population, this increases the risk of infection from resistant strains in both hospitals and the community.

Infections can act as co-factors in diseases, such as cancer and chronic degenerative diseases. Syndromes such as Guillain-Barré and triggering of allergy by viral infections add to the burden of hygiene-related infection.

A major problem is that, for the most part, both at national and international level, these various issues are handled by different health agencies. It is only when viewed together that the true size of the hygiene-related disease burden is apparent.

III. The IFH Targeted Approach To Home Hygiene

Since the 1980s, IFH has been developing a risk-management approach for hygiene in the home and everyday life – known as 'targeted hygiene'. Targeted hygiene means focusing our hygiene practices in places and at times when harmful microbes are most likely to be spreading in order to break the chain of infection:

This contrasts with historical approaches equating hygiene with eradicating dirt – incorrectly regarded as the main source of harmful microbes. An analysis of media coverage suggests that we still largely see hygiene as synonymous with cleanliness, and the terms 'cleaning' and 'hygiene' are often used interchangeably causing confusion about what hygiene really means.

Targeted hygiene means recognising that the main sources of harmful microbes are not places which are 'dirty' but contaminated food and water, domestic animals (pets), and people who are infected or are healthy carriers of potentially harmful microbes (e.g Staphylococcus aureus or its resistant form, MRSA). Since the presence of these potential sources of infection in the home is inevitable, this means that the only way to protect ourselves from infection is by preventing the spread of harmful microbes from these sources.

Targeted hygiene also means recognising that the times or situations when harmful microbes are most likely to be spread i.e. the times when we need to practice hygiene are during food handling, using the toilet, coughing, sneezing, nose blowing, caring for domestic animals, handling and disposing of refuse, or where a family member is infectious and is shedding infectious microbes into the environment by vomiting or diarrhoea or by touching foods or hand contact surfaces. In short, getting people to adopt targeted hygiene means getting them to visualise the chain of infection, and understand that hygiene is about breaking it.

Targeted hygiene also means understanding which surfaces are likely to cause spread of infection in each of these situations.

The surfaces most often responsible for spread of harmful microbes in most situations are:

- the hands
- hand contact surfaces
- food contact surfaces
- cleaning cloths

which is thus where hygiene practices are the most important.

Hygienic cleaning of hands is particularly important after handling food, using the toilet, coughing, sneezing, handling pets and disposing of waste and caring for those who are sick. Hygienic cleaning of food contact surfaces is vital after

preparing raw foods such as meat and poultry, or before preparing ready to eat foods such as sandwiches and snacks. Hygienic cleaning of cleaning clothes and other cleaning utensils is important after they have been used to clean a contaminated surface.

Clothing and household linens, and toilets, sink and bath surfaces can also be part of the chain of infection, although risks associated with these surfaces are normally somewhat lower as they rely on other "chain links" such as hands to transfer the microbes from the fabric or sink surface to a susceptible person. Advising people how often to launder clothing or clean bathroom and toilet surfaces is extremely difficult, but regular cleaning and laundering can contribute to preventing spread of infection particularly where there is someone who is infected (e.g with norovirus, cold virus or food poisoning) or who is more vulnerable to infection. For infections such as cold and flu, and norovirus, spread of infection may also be airborne and good ventilation is important.

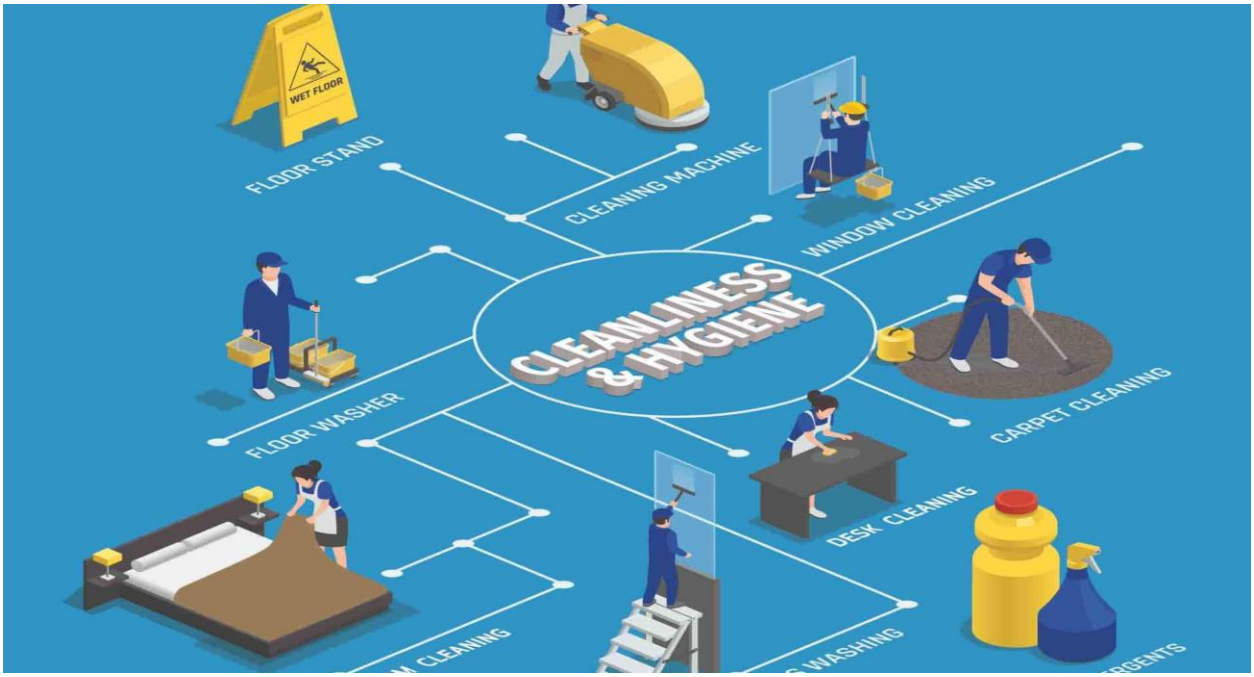
Did you know

Cleanliness achieved by routine (non-targeted) daily or weekly cleaning of floors, furniture etc may contribute to preventing exposure to harmful microbes, but there is little data to suggest that its contribution is significant relative to hygienic cleaning at critical points at key times. Although these latter surfaces may look visibly dirty and may have high levels of microbes, they are low risk because harmful microbes are unlikely to be present.

Getting the public to understand and visualize the concept of breaking the chain of infection by targeting the links in the chain is key to getting them to make informed decisions and practice effective targeted hygiene – rather than seeing hygiene as a set of rules which they may or may not remember.

IV. Hygiene And Cleanliness – Breaking The Chain Of Infection

Targeted hygiene means not only identifying time and places which represent a risk – it also means applying a suitable hygiene procedure to break the chain of infection. The objective of a hygienic cleaning procedure is to reduce contamination is to a level which is not harmful to health.



Hygienic cleaning of hands, surfaces, and fabrics can be done by:

- Mechanical/physical removal of pathogens from environmental, skin or fabric surfaces using soap or detergent-based cleaning. To be effective this must be accompanied with thorough rinsing under running water such that pathogens are not further spread around the home.
- Using an antimicrobial product or process (e.g. heat) that inactivates microbes in situ. For environmental sites and surfaces a disinfectant is used, whereas for hand surfaces a hand sanitizer is used.
- A combination of removal and inactivation; for example, as in laundering, which involves detachment by detergents, removal by rinsing and inactivation by heat in combination with an oxygen bleach-based laundry product.

Importantly the "level of microbes not harmful to health" varies significantly from one situation to another. For some microbes e.g norovirus the "infectious dose" can be very small (<10 particles) whereas for others it may be 1000 cells or particles or more. Equally those who are more vulnerable to infection may be susceptible to a lower dose.

In many situations e.g. handwashing, hygiene can be achieved using soap and water – provided hands are thoroughly rubbed to detach soil and microbes, and thoroughly rinsed to remove them from the hands. The same applies to

hand contact and food preparations. In situations however – where surfaces cannot be rinsed or there is no access to running water, use of a disinfectant (antibacterial) product may be required. Studies, for example have showed that wiping of kitchen surfaces after contact with chickens contaminated with either Salmonella or campylobacteria with a cloth and detergent, or wiping surfaces typical of hand contact surfaces in toilets and bathrooms which are contaminated with a suspension of faeces containing norovirus was ineffective in removing contamination which was spread contamination to other surfaces subsequently wiped with the contaminated cloth. In both cases, however, wiping with a disinfectant rendered surfaces hygienically clean.

Although disinfectants are effective when used as part of targeted hygiene to break the chain of infection, the evidence suggests that non-targeted routine cleaning of environmental surfaces such as floors etc has little or no impact in terms of reducing infection risks.

V. Are We Too Clean For Our Own Good?

There is no doubt that in the future we are going to have to view our microbial world very differently. Microbiome science now shows that the millions of microbes that live on and within us (the human microbiome) are as essential to our health as our liver and kidneys.

Lack of exposure to the diverse microbes in our human, animal and natural environments, the key to sustaining a healthy and diverse microbiome, is now being associated with rising levels of a whole range of diseases including autoimmune diseases, inflammatory bowel disease, type 1 diabetes and other diseases.

The realisation that microbial exposure is essential to health has fundamental consequences for hygiene because it poses the question "how can we develop lifestyles that sustain exposure to the right sort of microbes, whilst at the same time protecting against those that cause disease?

Key to addressing this challenge is understanding what the essential microbes are, and why we have lost contact with them. Current evidence shows the problem lies in lifestyle, medical and public health changes over the last 40-50 years, which, particularly in early life, deprive us of exposure to microbial "Old Friends". These "Old Friends" are largely non-harmful species which inhabit the human gut and our natural environment. Lifestyle changes which are implicated in reduced exposure to Old Friends include C-section rather than vaginal childbirth, bottle rather than breast feeding, fewer siblings, urbanisation and less outdoor activity. Since communication between "Old Friends" and the immune system is mediated by the gut microbiome, excessive antibiotic use and altered diet can affect the microbiome in a way that increases inflammatory disease risks. We are still a long way from knowing which microbes might be used to reverse the adverse effects of reduced microbial exposure, and indications are that it is exposure to a diversity of microbes which is important.

This misleading idea arose in 1989 when Dr David Strachan hypothesized that a cause of rising allergic diseases was lower incidence of infection in early childhood. He suggested an underlying cause could be "improved household amenities and higher standards of personal cleanliness". By naming it the "Hygiene" hypothesis, the notion that we have become "too clean for our own good" has arisen and continues to be publicised alongside the unsupported idea that being less "hygienic" could reverse this trend. This is despite ongoing evidence since 1989 which now refutes the link to infection. Unfortunately, despite most experts accepting that the exposures we need are Old Friends microbes not infections, and that the underlying problem is lifestyle changes not hygiene, this relationship is still being referred to as the "hygiene"

hypothesis, thereby perpetuating the concept that "too much cleanliness and hygiene" is the underlying cause – to the extent that it is now received wisdom. This is illustrated by a 2018 review of UK/US media coverage. In all 70% of 36 articles published from 1998 to 2017, including more recent articles, emphasize the role of home cleanliness as a causative factor in rising allergies, etc., referring to the home environment as being too clean, hygienic, sanitized, oversanitized or sterile.

Whilst targeted hygiene was originally developed by IFH as an effective approach to hygiene practice in the home and community, it also seeks, as far as possible, to sustain "normal" levels of exposure to the microbial flora of our environment to the extent that is important to build a balanced immune system.

Consumer responses to articles reviewed in the media survey suggest that the public fail to grasp the key concept. Many responses expressed a view that "dirt and germs" are important for building a strong immune system – otherwise children grow up "weak, sickly, prone to every ailment – and to allergies".

By associating germs with dirt, people conclude that too much cleanliness means that children fail to build the strong immune system to not only "fight" infections but also "allergies". They need simple clear communication that allergic reactions occur when the immune system "fights" allergens rather than ignores them – which is what Old Friends exposure trains the immune system to do.

With the explosion of interest in the human microbiome, nutritionists and microbiomists are now encouraging us to reconnect with essential microbes by "getting out and getting dirty". In interviews they were asked what advice they would give families to increase their exposure to a diversity of microbes. Recommendations included getting outdoors and getting dirty, stroking pets, and avoiding antibiotics where possible. Worryingly, in some cases, the advice also included letting pets lick your face, sucking a babies pacifier to clean it, washing dishes by hand instead of using a dishwasher and, most importantly, not washing hands". Although data suggests that these actions may increase exposure to Old Friends microbes, they are also critical target surfaces and actions likely to increase the risk of exposure to infection. As yet there are no

intervention studies demonstrating that lifestyle changes, such as those discussed above, actually impact on inflammatory disease rates, but significant evidence that abandoning hygiene measures such as handwashing are associated with increased rates of respiratory and gastrointestinal disease.

Getting people to adopt lifestyles which sustain exposure to necessary microbes, whilst protecting against pathogens requires a significant change in public understanding of our microbial world, and what hygiene means. Providing consumers with unambiguous messages, as our knowledge of the microbiome and its implications for health and hygiene expands, represents a considerable challenge.

VI. Hygiene And Healthy Sustainable Living

Whilst targeted hygiene was originally developed by IFH as an effective approach to hygiene practice in the home and community, it also provides an excellent framework for building sustainability into hygiene.

Hygiene at home

When it comes to coronavirus (COVID-19), a few small actions can make a big difference. Cover coughs and sneezes, wash your hands regularly and practice

social distancing (stay two big steps away from others). Most importantly, if you are sick stay home and get tested.

Those small actions don't stop once you get 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, drains 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. A combination of cleaning and disinfecting is most effective in removing traces of COVID-19.

Well, professional-level house cleaning requires proper tools, products and the right stain-removal techniques for different surfaces.

You can also achieve pro-like results if you follow proven methods and strategies. Creating a well-defined cleaning schedule can also make a huge difference, especially when paying attention to every nook and cranny of the premises. From ceiling fans to windows, oven to kitchen sink, and bathroom fixtures, you can spruce up everything without missing important spots.

Here is a comprehensive guide to professional-level house cleaning to keep dust, dirt and stains at bay. This guide will also help you maintain a rental property throughout your lease and smoothly move out without dispute or disagreement.

Let's' Get Started!

1. Gather Necessary Cleaning Tools and Products

Using adequate equipment can help you tackle stains and grime in no time. You will need:

- Microfiber Cloths
- A telescopic duster
- Scrubbing pads and Sponges

- Brushes
- Soft-bristled toothbrushes
- A vacuum machine with a brush attachment
- Brooms
- Paper towels
- Microfiber mops
- Warm water
- White vinegar (as all-purpose cleaner)
- Baking soda
- Hydrogen peroxide
- Lemon
- Dishwashing Detergent
- Rubbing alcohol
- Essential Oil (lavender, tea tree, orange, etc)

Experts also bring all the necessary supplies for a professional end of lease cleaning Sydney to help you pass the rental inspection with ease.

Note: Do not use traditional cleaning products, as they contain harmful chemicals, such as ammonia, sulphates, phthalates and other VOCs, that can irritate the respiratory system, nose, eyes and skin.

2. Create a Customised Cleaning Checklist

Planning is one of the key aspects to achieve desired outcomes. It can streamline even the most complicated processes, and that's why professionals come with a pre-approved checklist that covers every nook and cranny.

If you want to clean a house efficiently, inspect all rooms and create a checklist accordingly. Include air vents, ceiling fans, picture frames, kitchen appliances and other important areas. You can even create a daily or weekly cleaning checklist to manage all chores without a hint of stress.

3. Dust From Top to Bottom

A professional-level house cleaning requires attention to detail dusting. When experts clean your home, they start at the top of each room and work their way down to the lowest surface.

You should also use the same approach, starting from your ceilings and working your way down towards windows, baseboards, carpets, and floors. This will save you a lot of time and energy without allowing you to miss important spots.

It is good to tackle accumulated dust, dirt and grime using a damp microfiber cloth. The tool can fetch the tiniest dust particles without leaving scratches behind.

4. Pay Attention to Hard-to-Reach Spots

You can't afford to leave the difficult-to-reach areas dirty when preparing your rental property for a final inspection. End of lease cleaning Sydney experts always pay special attention to the following surfaces:

- HVAC Vents or Filters: Use a vacuum cleaner with a brush attachment to remove stuck debris, gunk, and loose dirt. Next, soak the air filter in a vinegar solution. Gently clean it with a brush. If necessary, replace the filters to ensure quality indoor air.
- Ceiling Fans and Blades: Take a step ladder and cover an old pillowcase on the blades. Gently slide the pillowcase off the blade. This will prevent dust from spreading all around the room.
- Light fixtures and fittings: Use a telescopic microfiber duster to remove accumulated dust and grime.
- Mouldings near Windows and Doors: Use the same long-handled duster to eliminate cobwebs and dust from mouldings and crannies.
- Cabinets and Drawers: Clean the top of the cabinets and drawers using a microfiber cloth or a feather duster with an extendable handle.
- Window Blinds and Door Tracks: Cover a microfiber cloth on tongs, secure it with a band and wipe down both sides of the slats. For door tracks, use an old toothbrush. Also, clean the curtains best possible way.
- Baseboards: Remove dust using a vacuum cleaner and wipe the stains with warm water and vinegar.

5. Clean Windows Inside and Outside

The vinegar and warm water solution can help remove loose dust, dirt, bird droppings, and window stains. Spray the solution on the sills, frames, and panes, wipe down with a damp cloth, and wrap up the process with a rubber squeegee to remove excess water. This will help you achieve streak-free results.

Clean the windows outside as well, if accessible, or hire highly-trained professionals.

6. Naturally Clean Kitchen Appliances Inside and Outside

Seasoned cleaners never skip kitchen appliances like ovens, microwaves, refrigerators and dishwashers. You can also dislodge caked-on gunk, food splatters, oil stains, grease and grime using all-natural cleaning products.

- Steam Clean Your Microwave: Add water, vinegar, and lemon juice to a microwave-safe bowl and heat for 3 minutes. Keep the door closed until the steam breaks down gunk and dirt. Wipe down the interiors and exterior parts with a damp cloth or sponge.
- Spruce up Oven with Baking Soda and Vinegar: Remove and soak racks in soapy water. Meanwhile, cover the interiors with baking soda paste and let it sit for 20 minutes. After that, spray the vinegar solution and remove the stains with a sponge.
- Refrigerator and Dishwasher: Clean the refrigerator and dishwasher inside and outside using vinegar solution.

7. Deep Clean Other Kitchen Surfaces

Dislodge grease and stubborn stains from the stovetop, range hood, and countertops. Use baking soda to disinfect and polish the sink and faucets. This will leave your kitchen clean and germ-free.

Believe it or not! A professional-level cleaning of the entire house can boost the property value and help you sell it quickly at the best price.

8. Clean and Disinfect Bathroom Fixtures

Get rid of soap scum, mould, rust stains and other unpleasant grime from bathroom fixtures and fittings, including.

- Showerhead and shower recess
- Glass doors and walls
- Bathtubs, toilet seat and bowl (inside and out)
- Shower curtains and towel rails
- Sink, counters and taps

Make sure you disinfect contaminated areas using rubbing alcohol.

9. Deep Clean Your Bedroom

Start by washing your bed linens, such as sheets, comforters, quilts and blankets, to eliminate dead skin cells, dust mites and lethal germs. Next,

vacuum the mattress and banish bad odours using baking soda. Dust side lamps, tables and light switches.

Also, de-clutter and clean the closets, drawers and other storage units. Wrap up the process by vacuuming and mopping floors beneath the bed and closets.

10. Freshen Up Your Carpets

Use a HEPA-filtered vacuum cleaner to remove embedded dust, pet hair, grime, and other allergens from delicate floor coverings. Next, spray the vinegar solution on the carpet stains and blot the surface using a microfiber cloth.

Make sure you sprinkle baking soda to eliminate pet odours, lingering germs and bacteria. Leave it for 2-3 hours and vacuum your carpets again.

11. Sweep and Mop Floors

You can either sweep or vacuum floors. Get into nooks and crannies to fetch loose debris and dirt. If you see a stain, spot cleaning is the best technique. Use mild dishwashing detergent for the best possible results. In the final step, mop the floors, especially high-traffic areas like hallways or entryways.

Professionals also follow the same approach and use proper techniques when carrying out the budget end of lease cleaning Sydney to help tenants secure their full bond money.

A tidy and organised home requires proper planning, the right strategies, and an optimistic approach. This guide will help you keep dust, dirt, allergens, and disease-causing germs at bay and provide a healthy indoor environment for your family.

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 or have any symptoms of COVID-19, 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.

Final Words

This pdf emphasizes the importance of maintaining cleanliness to ensure a healthy living environment. Adopting proper hygiene practices can significantly reduce the risk of illness, enhance well-being, and create a space that promotes physical and mental health. Whether it's daily cleaning routines or long-term preventative measures, taking proactive steps in home hygiene empowers you to safeguard yourself and your loved ones. Let this guide be a reliable resource in your journey toward a healthier, more hygienic home.

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