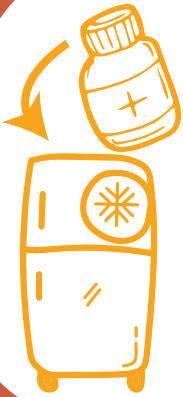




Here are some things you can do in the kitchen to keep everyone healthy!



**Store fresh food and any medications in the fridge and check that the seals on your fridge are working**

Good seals will keep your fridge cold and prevent food from going off and making you sick. Keeping medicines cold is also important as they may not work properly if they get too warm.



**Store dry foods in containers with airtight lids**

Food that's left out, can attract pests like cockroaches, ants, and rats bringing germs and disease inside.



**Wash dishes, utensils and chopping boards with dishwashing liquid and hot water after each use**

After drying your clean dishes, put the kitchen tea towels in the laundry basket for washing so they don't grow bacteria.



**Wash your hands with soap and water before and after cooking and eating food**

Stop bacteria getting into your food and giving you gastro or diarrhoea.



**Wipe down all tap handles, bench tops and surfaces regularly**

Before and after preparing food, to prevent germs and bacteria from spreading. Keeping benchtops dry can stop mould from growing, which can cause breathing problems or contaminate your food making you sick.



**Throw food scraps in a rubbish bin with a lid**

Prevent insects and other pests from coming inside the house. Empty the kitchen bin into the bin outside every night and put that bin out for rubbish collection every week.

In your kitchen you cook food for yourself and others, so it's important to keep your kitchen clean to prevent the spread of germs.

Your kitchen is a 'wet area' in your home, so making sure the 'health hardware' such as the plumbing, taps and refrigerator are all working is important for good health.



SCAN ME



# Your Environmental Health Officer can help you keep your home healthy:

## Let them know if anything in your home needs repairing, including:

- leaking or broken pipes
- missing or broken taps
- blocked kitchen sink drains
- issues with water quality
- patches of mould on walls or ceilings that can't be cleaned easily
- insect infestations
- issues with your fridge such as seals that are damaged or the fridge isn't working
- issues with cooking equipment such as ovens or hotplates
- exposed electrical wires, broken power points or lights that aren't working
- broken or missing windows or doors

## Also, let them know if you need anything to help you with extra visitors, such as extra mattresses, bedding, towels and soap.

## Clean all surfaces and tap handles regularly

Prevent germs and bacteria that can make you sick. Sweep and mop the floors to remove dirt or water on the floors. Use a disinfectant or kitchen spray from the store, or mix up your own cleaning liquid:

- Mix up equal amounts of water and vinegar in a bucket or spray bottle, and use with a cloth to clean furniture, doors and door handles, and any other hard surfaces to remove germs and dust.
- Use bicarb soda on hard surfaces that need more scrubbing, then wipe off with a wet cloth.

## See a doctor if you have any issues with your breathing, eyes, ears or skin, or feel sick in any way. They can give you medicine and advice about how to stay healthy and strong.

## My Environmental Health Service is:

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Phone: \_\_\_\_\_

Other Useful Contacts: \_\_\_\_\_

Local Housing Provider: \_\_\_\_\_

Doctor or Aboriginal Medical Service: \_\_\_\_\_

