

### Things you can do in your lounge room to keep everyone healthy!



**Make a plan for who will sleep in the lounge room when you have extra visitors** Less people sleeping in one room can prevent the spread of germs that can cause health problems such as breathing issues and skin infections.



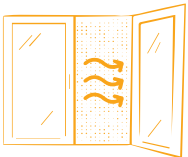
**Lift up any mattresses and lean them against the wall during the day** Create more living space and air out the mattress to prevent mould or mites which can affect your breathing and lead to skin conditions like scabies.



**Wash any bedsheets, pillowcases and blankets regularly** Prevent infections that affect your ears, your eyes (like conjunctivitis and trachoma), and your skin (like scabies). Wash bedding more regularly if sharing a mattress with animals.



**Keep floors clean** Remove rubbish every day and throw it in the bin outside to keep pests away and make sure germs can't grow on floors or furniture. Sweep or vacuum the floor to clean away dust, dirt or pet fur which can cause breathing problems and skin irritations.



**Open or close windows to control room temperature to feel better and save power** Open at night to cool the room without the air con. Closed on hot days when using the air con.



**Fix holes in flyscreens** Keep out flies and mosquitoes so they can't bring diseases inside and make you sick.



**Go 'smoke free' inside** Keep the air clean and prevent issues with your lungs and breathing like asthma. Especially don't smoke around kids as their lungs are still developing.

Your lounge room is a common space and sometimes people may have to sleep in here.

It's important to keep your lounge room clean and tidy to prevent the spread of infections and sickness.



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

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

- leaking ceiling or damage to the roof or walls
- patches of mould on walls or ceilings that can't be cleaned easily
- broken or missing windows or doors
- holes or tears in the flywire on windows
- insect infestations
- air con units, fans or heaters that aren't working
- exposed electrical wires, broken power points or lights that aren't working

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

## Wipe away any dust or water condensation on the air con, fans and furniture

**Dust can make breathing difficult and extra water can grow mould which is bad for your health.**

- 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: \_\_\_\_\_

Developed in consultation with  
Nirrumbuk Environmental  
Health and Services



Australian Indigenous  
HealthInfoNet



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