



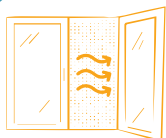
Things you can do in the bathroom and laundry to keep everyone healthy!

In the Bathroom:

- **brush teeth** every morning and night
- **wash your face** with soap and water every day
- **have a shower** at the end of every day
- **bathe children** at the end of every day.



Don't share towels - use your own towel and hang it where it will dry after use Sharing towels with others can spread infections that can cause issues with your eyes (like trachoma) or skin (like scabies).



Open windows daily and use the exhaust fan to remove moisture and prevent mould which can lead to breathing problems.



Wipe down all tap handles, counter tops and surfaces regularly to remove germs Wipe up or mop any excess water on the counter or on the floor so bacteria can't grow.



Clean your toilet regularly Use a toilet brush and cleaner inside the bowl and wipe down the seat and lid with a cloth and cleaning liquid. This removes germs that can cause gastro and diarrhoea.



Only use toilet paper Using things like newspaper can block your toilet and cause it to overflow, leaving germs on the floor. Don't flush nappies as they will block your toilet.

In the Laundry:



Regularly wash:

- **kitchen tea towels** - daily
- **bathroom towels** - at least once a week
- **all bedding** - at least once a week. Do this more often when the weather is warm or humid as you will sweat more and leave bacteria on your sheets
- **pet's bedding**
- **clothing.**

Your bathrooms and laundry are known as 'wet areas' – they have water, which helps you keep your whole house clean!

Making sure the 'health hardware' such as the plumbing, taps, toilets, and washing machines are all working is important for good health.

It's also important to keep wet areas clean to prevent the spread of germs and mould.



SCAN ME



Your Environmental Health Practitioner can help you keep your home healthy

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

- leaking or broken pipes and taps
- blocked sinks, shower drains or toilets that won't flush
- issues with water quality
- patches of mould on walls or ceilings that can't be cleaned easily
- washing machines that aren't working
- exposed electrical wires, broken power points or lights that aren't working
- broken or missing towel racks, hooks or toilet roll holders
- broken or missing bathroom mirror
- broken or missing windows or doors
- pest issues

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

Clean all surfaces and tap handles regularly

Prevent germs and bacteria that can make you sick. Use a toilet cleaner and toilet brush to clean the toilet regularly. Sweep and mop the floors to remove dirt or water on the floors. Use a disinfectant or bathroom cleaner 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.

My Environmental Health Service is:

Name: _____

Organisation: _____

Phone: _____

Other Useful Contacts: _____

Local Housing Provider: _____

Doctor or Aboriginal Medical Service: _____

