



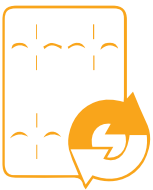
Here are some things you can do in the bedroom to keep everyone healthy!



**Decide where everyone will sleep when you have extra visitors** It's important to limit the number of people sleeping in each bedroom to prevent the spread of infections that can affect your lungs and heart, such as rheumatic fever caused by a germ called Strep A.



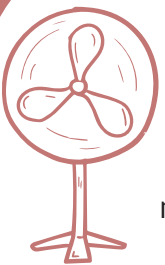
**Wash all bedsheets, pillowcases and blankets at least once a week** Washing prevents the mites that cause scabies and the bacteria that can affect your ears and eyes (like conjunctivitis or trachoma). Washing also helps to reduce Strep A infections.



**Lift mattresses in sleeping areas if they don't have a bed frame** Lean them against the wall to air out the mattresses and prevent germs and bacteria from building up inside them.



**Wash your pet's bedding** It's best if your pet sleeps on their own bedding or outside the bedroom. If you share your bed with animals, wash your bedsheets more often so germs and bacteria can't grow on the sheets.



**Close windows, curtains or blinds on hot days to keep the room cool for sleeping** Open the window at night to keep your bedrooms cooler for longer without needing the air con. Using fans when sleeping will also use less power than the air con.



**Try not to eat in bedrooms or other sleeping areas** If you do, remove all crumbs and rubbish to keep away pests that can bring diseases.

Bedrooms are where you get your rest for good health and wellbeing.

When you have extra visitors, make a plan for who will sleep in the bedrooms and who will sleep in other areas around the house like the lounge room or outdoors in warmer weather.

Opening windows will also improve ventilation so everyone can sleep well!



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 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
- air con units or fans that aren't working
- exposed electrical wires, broken power points or lights that aren't working
- pest issues

## Also, let them know if you need anything to help you with extra visitors, such as 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.

### My Environmental Health Service is:

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

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

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

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

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

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

