



## 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.



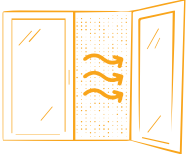
**Lift mattresses in sleeping areas if they don't have a bed frame** Lean them against a wall to air out the mattresses and prevent germs and bacteria from building inside them.



**Wash any bedsheets, pillowcases and blankets regularly** Washing prevents the mites that cause scabies and the bacteria that can affect your ears and eyes (like conjunctivitis or trachoma). 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. 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 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
- pest issues
- 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 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: \_\_\_\_\_

Developed in consultation with  
Nirumbuk Environmental  
Health and Services



Australian Indigenous  
HealthInfoNet



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