



Here are some things you can do in the outdoor area of your home to keep everyone healthy!



Lift any mattresses on decks or verandas during the day Lean them against the wall to create more space and air out the mattresses to prevent germs and bacteria from building up inside them.



Keep pets up to date with vaccines and worming tablets Prevent your animals from passing on any germs or diseases to you. Desex dogs and cats so that you don't end up with too many pets to look after.



Put all rubbish in the outdoor bin and put this on the street for rubbish collection every week Keeping your yard rubbish-free will prevent pests like flies, cockroaches and rats from bringing germs and disease.



Wash your hands and face with water regularly if you live in an area with dry, dusty conditions Dust can irritate your eyes, mouth and lungs.



Keep hazardous chemicals or cleaning products in clearly marked containers Lock them in a cupboard or box so children can't get to any poisons.



Tip out any dirty water in old tyres or containers and mow grass regularly Stop mosquitoes from breeding in water puddles and long grass, so they can't bring diseases.



Wash any bed sheets including pet bedding regularly Bedsheets and pet beds can get dirtier outside so wash these often to prevent dust and soil from making you sick.

Outdoor areas can be used as an extended living and sleeping space when you have extra visitors.

It's important to keep outdoor areas clean and free from clutter to prevent injury and any diseases that can be caused by rubbish, dust, chemicals and pests.



SCAN ME



Your Environmental Health Practitioner can help you keep your home healthy:

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

- damage to the roof or walls
- patches of mould on walls that can't be cleaned easily
- broken or missing windows or doors
- holes or tears in the flywire on windows
- pest issues
- leaking or broken pipes, outdoor drains or taps
- broken outdoor power points or lights
- issues with decks or verandas like broken poles or floorboards
- damage to any fences around your yard

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 on outdoor surfaces Prevent breathing difficulties and eye irritations.

- 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: _____

