

# How To Prevent Breathing Issues and Lung Sickness in your Home

Thanks for letting the Environmental Health Practitioner into your home to help you find ways to stop sickness in your home. This information will help and keep your family healthy and safe.

Sometimes there are things in your home that can make it hard to breathe or even cause your lungs to not work very well. These things can include smoking in the house, open fire indoor cooking and germs in the air. The following steps can help to prevent bad lungs.



## 1 The importance of good hygiene

Whenever you wash your hands, wash your face as well with soap and clean water. Dry with your own towel. Hang your towel on a towel hook or towel rail.

## 2 Cover your coughs and sneezes

Always cough or sneeze into your elbow or a tissue. Remember to throw the tissue in the bin.



## 3 Reduce smoky fires in and around the house

Smoke from open fires can affect your health. In the long-term it can cause heart and lung disease. It can also make asthma worse and affect your child's health. Close doors and windows to stop smoke entering the house when there is a fire.

## 4 Don't smoke in the house

Smoking can cause lung disease by damaging your airways. Protecting children from cigarette smoke will keep your children healthy.



## 5 Wash your clothes and bedding often

Germs can live on clothes, sheets and blankets. Wash these once a week. If your washing machine does not work, ask a family member or friend if you can use their washing machine.

## 6 Make sure your taps and shower are working and you have hot water

If they are not working, call your Housing Provider or your Aboriginal Environmental Health Practitioner.



## 7 Clean benches and floors

Wipe and clean benches and floors in the house often to stop germs living there.

**If your cough or breathing is bad, visit the clinic.**