

How to Prevent Trachoma 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 prevent trachoma and keep your family healthy and safe.

Trachoma is caused by a germ getting into the eye that can lead to sore eyes and blindness. You can prevent trachoma by following these steps.

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.

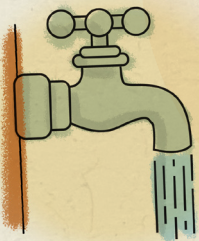
2 Wash your clothes and bed linen often

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.



3 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.



4 Don't share beds and separate mattresses

Crowded living conditions, such as having children share the same bed and clothes can spread trachoma.



5 Get your annual health check

Visit the clinic every year to have your health checked and make sure you also get your eyes checked.



6 Medicine can treat trachoma

If you have trachoma in your home, visit the clinic to get medicine. Medicine may be given for everyone in your home.



If your eyes are sore, visit the clinic.