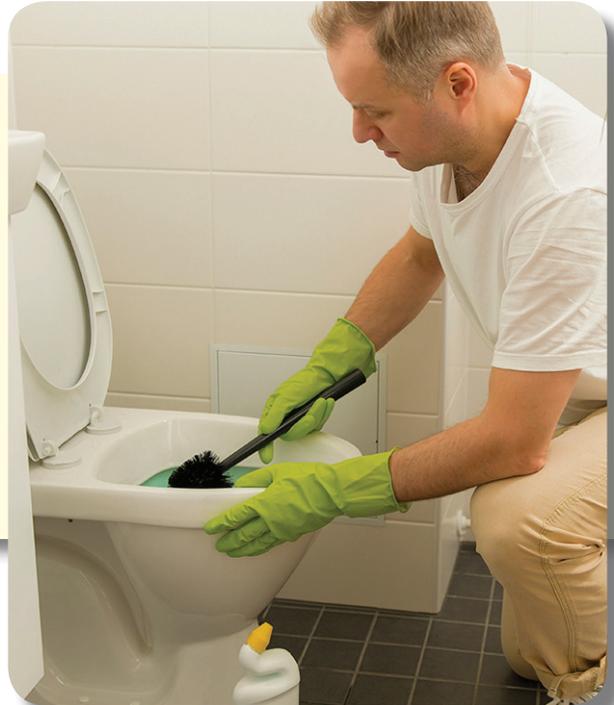


**Good Hygiene Matters**  
**Your Environment and YOU**

**Home Hygiene-2**  
**How to Clean and What**  
**Supplies Are Needed for**  
**Health & Wellness**



**NorthCare Network**

# Home Hygiene–Part 2

*According to the World Health Organization, “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”<sup>1</sup> Keeping your surroundings clean is important to your wellness.* It can be beneficial to both your mental and physical health.

**Where to Begin? How to Start?** When getting ready to clean your living space, you should make a few decisions like:

**What do I need to clean first: the kitchen, bathroom, or living room?** Because family is dropping by, you might decide to pick up the living room first. Then you might clean your kitchen. Perhaps the toilet and sink need disinfecting. If you are home alone, you may cook first so you can clean your kitchen earlier in the day.

**What areas need the most attention?** Don't avoid what you need to do. **Whatever needs cleaning the most should be tackled first. Messes won't disappear by themselves.**

**How much time should I clean?** Pace yourself. Perhaps you have an hour one day, but you can't get everything done in that hour. Decide when you will be able to complete the required cleaning. Create a weekly schedule to help keep up with chores. Maybe cleaning two hours a week will work or perhaps cleaning a half hour several days a week works better.

**Are there any tips for keeping a home space cleaner?** Plenty. Below are a few suggestions for keeping your dwelling neat and orderly:

## Daily Chores

- **Pick things up and declutter.** This includes organizing clothes and papers. Make your bed every day to keep the bedroom tidy. Hang up clean clothing and put dirty items in a hamper. Keep papers neat and **file what is important.** Get in the habit of putting things away in drawers, bins, or containers. Put groceries and items away immediately.
- **Wash and clean your dishes and kitchen counter tops daily.** Spray with **disinfectant** to kill bacteria, viruses, and fungi. **Antibacterial cleaners** are not as effective as disinfectants and they **can kill good bacteria.** **Keep kitchen cleaning supplies separate from bathroom supplies.**

## Weekly Chores

- Clean **bathrooms** thoroughly **at least once a week** (pay particular attention to the **toilet**). Use **disinfectant cleaners** for tub and tiles. Use **toilet bowl cleaner** and brushes to clean toilet.
- Dust and clean surfaces, vacuum carpets, and mop floors.
- Wash your **bedding**, towels, and kitchen hand towels as well as clothing.





- Dispose of **garbage** as needed (once or twice a week). Make sure outdoor **trash cans** are snug and tops are secure.
- **Perhaps stagger weekly chores** over different days to make cleaning easier.

## Effective Cleaning Supplies

With a few cleaning supplies, you can maintain a clean living space. The list below will help you with most cleaning tasks. Depending on what you need to clean, you may want a few other supplies.

Some supplies can be purchased cheaply at a dollar store, while others, like **cleaning solutions**, can cost more than other supplies.

### ONE-TIME EXPENSES:

- vacuum cleaner (if you don't have one, watch for sales or purchase a used vacuum with a warranty)
- trash cans with lids (small and large), broom, and dust pan
- inexpensive steam mop (safe and easy to use, cost about \$20) or
- regular mop with bucket and rags (old bedding, towels, or clothing can be converted to rags)
- microfiber towels as they clean well. They can be rinsed out and reused multiple times and they can replace paper towels. They cost about \$5.

### SUPPLIES AS NEEDED:

- cleaning brushes, scrubbers, and sponges (old toothbrushes make good small brushes). Replace routinely when grubby and old.
- dish, laundry, and floor detergents
- general cleaning/disinfectant spray
- glass cleaner
- paper towels
- trash bags (various sizes as needed)
- cleaning pads for steam mop
- rubber gloves



*Consider natural cleaners like vinegar, lemon juice, as well as bleach and other options.*

## It's Your Choice.

If you need help with cleaning, check with your case manager for assistance and additional resources.

**GOOD HOME HYGIENE** keeps you healthier. It can reduce **airborne issues** like allergies, asthma, and respiratory problems, and prevent **foodborne illnesses** like E. Coli, staph infections, and salmonella.

For more information, call Katreena Hite, Integrated Care Specialist, at (906) 225-7344 or 1-800-333-8030