



A Healthy Home – Clean and Pest Free!

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[Why is a clean home so important?](#)

Our homes are not always the safe places we think! Keeping a clean home may not seem important, but having a dirty home can make you sick.



- **People can, and often do, get sick from germs in the home.** Kitchens and bathrooms can be a place where germs grow and multiply.
- **Too much moisture can result in mold.** Mold, along with dust and germs, makes the air you breathe unhealthy. Unhealthy air can make you sick.
- **Lots of clutter can be a home for cockroaches, rats, and mice.** These pests make the air unhealthy, food unsafe to eat, and can damage your home.
- **Drips left on the floor** can cause someone to fall and hurt themselves.
- **Grease buildup in the kitchen can start a fire.**

Are you convinced? Having a safe and healthy home – clean and pest free – can be simple. It only takes a few minutes of cleaning and organizing every day. Don't let dirt and clutter pile up. If you do, it will be harder to clean.



OK, so how do you keep your home clean?

Stock Up On Cleaning Supplies.

First, you need some basic cleaning supplies. Your cleaning kit should include:

- ✓ **Sponges** for wiping and cleaning
- ✓ **Cloths** for cleaning and dusting
- ✓ **Paper towels** to wipe up wet areas
- ✓ **Toilet brush ONLY** for cleaning the toilet!
- ✓ **Scrub brush** to clean stubborn stains
- ✓ **Rubber gloves** to protect your hands
- ✓ **Broom** for sweeping floors
- ✓ **Mop** for cleaning floors
- ✓ **Vacuum** for cleaning carpets
- ✓ **Dishwashing liquid** for washing dishes
- ✓ **Household cleaner** for all other cleaning jobs
- ✓ **Spray bottle** for mixing household cleaners
- ✓ **A box** to hold cleaning supplies



To keep sponges and washcloths germ-free, **rinse them in HOT, soapy water after every use.**

To get rid of germs in the kitchen sponge, it is a good idea to **throw it in the microwave for two minutes** or **run it through the dishwasher.** Let it dry before reuse. That's it!

Keep lots of sponges on hand. Use different sponges for different cleaning jobs. Throw sponges out after a month or so of use.

Immediately dispose of sponges or cloths used to clean up human or animal waste.

Use Do It Yourself (DIY) Household Cleaners

You can buy household cleaners in the store, but they cost a lot. They also have chemicals that can irritate your lungs, especially if you have asthma.

There are less expensive and less harmful household cleaners you can make. Here are some examples:

White Vinegar

- White vinegar can get rid of germs and mold.
- **Fill a spray bottle with equal parts white vinegar and water** (one cup to one cup). Shake it up and you're ready to clean!
- Clean sinks, counter tops, toilets, showers and tubs, floors, and wash windows with a mix of vinegar and water. **Warning: Don't use vinegar on marble surfaces.**



soda to

- Use on hard
Rinse with

Baking Soda



- **To mix**, put baking soda in a resealable container. Add enough water to baking make a paste.
to clean surfaces like tiles and stove tops.
clean water after use.

Develop a Cleaning Routine

You don't have to do everything once! Start a schedule - do a little This way you can take control dust, mold, and other germs from up.

A Cleaning Checklist (Go to: <http://ddssafety.net/everyday-life/healthy-homes/healthy-home-your-home-clean>) will help you routine. Print it out. Post it on refrigerator. The checklist helps remember what to do daily, and monthly.



Healthy Home – Keep Your Home Clean

Do a Little Every DAY...

<p>Kitchen</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do dishes <input type="checkbox"/> Wipe counter and sink <input type="checkbox"/> Wipe stove top <input type="checkbox"/> Take out garbage <p>Bathroom</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wipe counter and sink <input type="checkbox"/> Give the toilet bowl a quick scrub <p>Bedroom</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make bed <input type="checkbox"/> Pick up clothes <p>Each Room</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pick up clutter <input type="checkbox"/> Wipe up dirt or spills on floor <p>And Every WEEK...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove dust in all rooms <input type="checkbox"/> Vacuum carpets and wipe floors <input type="checkbox"/> Clean bathroom mirrors, sink, toilet, shower, tub <input type="checkbox"/> Wash and change sheets and towels <input type="checkbox"/> Clear refrigerator of old or spoiled food 	   
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all at
every day.
and keep
building

Congratulations! You are Done! Now Enjoy Your Clean Home!



keep-
set a
your
weekly,



Also check out ***The Healthy Home Checklist*** video:

<http://ddssafety.net/everyday-life/healthy-homes/video-healthy-homes-checklist>.

Clean Kitchens and Bathrooms Every Day.

Give special attention to cleaning the kitchen and bathrooms – hot spots for germs, mold and pests! Keep the sink, countertops, refrigerator, cutting boards, stovetop, and wherever food is stored or prepared, clean and germ free.



After cleaning, **thoroughly dry surfaces**. Wet or damp areas are a breeding ground for germs and mold. Throw out trash to keep insects, rats, and mice away.

Here are a few other jobs that should be done on an as-needed basis:

- ✓ Clean lint screen on clothes dryer every load
- ✓ Clean hood over stove at least once a month
- ✓ Check and change furnace filter every few months

What About Pets?

Pets need a clean home too! Your pets live where you do. Pets can get sick if their home isn't clean and tidy. It is important that your household cleaner is safe for your pet. Vinegar and baking soda are safe. **To keep you and your pet healthy:**

- ✓ Keep pet food separate from your food.
- ✓ Store pet dishes, utensils and can openers separately.
- ✓ Always wash your hands after touching your pet, their food, cages, litter boxes, and after picking up pet waste.
- ✓ **Clean litter boxes every day. Pick up dog waste in a plastic bag and throw in the garbage outside.**



What Can I Do As a Supporter?

Figure out what people already know about keeping their home clean. Then find out what they want to know. Go from there.

DO

- Be informed – learn about things like pest control and mold prevention. Become familiar with, and use, the resources provided by the SafetyNet.
- Be practical – set goals. Focus on cleaning jobs that are doable. Make it fun!
- Be patient - give simple explanations. Demonstrate what to do. Give as much assistance as the person needs.
- Be positive - help people to understand that having a clean home will make a real difference in their lives.

DO NOT

- Use scare stories.
- Assume people understand what to do and how to do it – check for understanding.
- Assume people understand the importance of a clean and pest free home.

Resources

For the **Healthy Homes** learning tools to use when working with the person you support go to: <http://ddssafety.net/all-about-healthy-homes>.