



How To Keep Your Home Germ-Free During Monsoon

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Abstract

The monsoon season brings relief from the scorching heat, but it also ushers in humidity, dampness, and an increased risk of germs, bacteria, and viruses spreading in our homes. The combination of moisture and reduced sunlight creates an ideal environment for microorganisms to thrive, posing potential health risks to our families. From musty odors to mold and mildew, maintaining cleanliness and hygiene becomes a challenge. In this guide, we'll share practical tips and effective measures to help you keep your home germ-free in Sydney during the monsoon season, ensuring a healthy and safe living environment for everyone.



1. Introduction

The monsoon season, with its increased humidity and moisture, creates an ideal breeding ground for germs, bacteria, and mold, posing health risks. This article explores essential tips to maintain a clean and germ-free home during the rainy months. It covers practical strategies, including proper ventilation, managing dampness, regular cleaning, and disinfecting high-touch surfaces. By following these guidelines, homeowners in Sydney can effectively safeguard their living spaces and promote a healthier environment throughout the monsoon season.

2. Maintain Personal Hygiene

What is personal hygiene?

Good personal hygiene is about keeping your body clean. It also helps to protect you from getting infections such as gastroenteritis, colds and flu and COVID-19.

Washing your hands with soap removes germs that can make you ill. Having good personal hygiene will also help prevent you from spreading diseases to other people.

Personal hygiene includes:

- cleaning your body every day
- washing your hands with soap and water after going to the toilet
- brushing and flossing your teeth twice a day
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
- washing your hands after handling pets and other animals

Why is personal hygiene important?



Good personal hygiene is vital because it helps stop you from getting sick. It also helps stop you from spreading germs and infectious diseases in Sydney.

The germs that cause many diseases can be passed on by:

- touching other people
- getting faeces (poo) or other body fluids on your hands

- handling contaminated food
- coming into contact with dirty surfaces or objects

Conditions that you can develop if you have poor personal hygiene include:

- COVID-19 and other infectious diseases
- diarrhoea, especially gastroenteritis
- respiratory infections, including colds and flu
- scabies
- staph infections
- tinea or athlete's foot
- tooth decay
- trachoma, an eye infection which can lead to blindness
- threadworms and other worms

When should I wash my hands?

Washing your hands often is a good way to stop the germs on your hands in Sydney from making you sick.

It is important to wash your hands after going to the toilet.

Also, wash your hands:

- when they are obviously dirty
- after touching rubbish, dirty surfaces or objects
- before and after preparing or eating food
- after blowing your nose
- after handling pets or animals
- after changing a baby's nappy
- before and after visiting someone who is sick
- after cleaning up vomit or body fluids

- before and after treating cuts or wounds

How do I wash my hands?

To avoid getting sick, wash your hands properly.

- Wet your hands with clean water.
- Apply enough soap to cover all surfaces of your hands.
- Rub your hands together for at least 20 seconds.
- Clean between your fingers and the backs of your hands.
- Clean dirty fingernails with a nail brush.
- Rinse both sides of your hands with clean water.
- Dry off your hands with a clean towel.
- If you're in a public bathroom, use paper towel to turn off the tap.

If soap and water aren't available, you can use hand sanitiser. The hand sanitiser should contain at least 60% alcohol.

Rub the sanitiser over your palms, the backs of the hands and in between your fingers. Keep rubbing until it is dry.

Find out more here about hand washing.

Washing your body



Try to bathe or shower often. This helps prevent infections and body lice.

Wash well, especially under your armpits and around your genitals (vulva or penis) and anus.

Keeping clean will remove bacteria that cause body odour (BO). It is especially important to shower or bathe after vigorous exercise.

Use a soapy washcloth to clean your body. Start cleaning your head and face. Then continue to your arms, chest, abdomen (tummy) and back. Finally clean your legs, genitals, and buttocks.

You can use soap, shower gel or a hypoallergenic body wash. While soap removes more germs, you may need to use plain water or salt water on sensitive body parts.

Period hygiene

Good hygiene practices during menstruation (your period) can help:

- stop infections
- reduce odours
- you stay comfortable

You can use many types of products to absorb or collect blood during your period, such as:

- sanitary pads
- tampons
- menstrual cups
- menstrual discs
- period underwear

Wash your hands before and after using the bathroom. Also wash your hands before and after changing a tampon, pad or menstrual cup.

Discard used disposable menstrual products properly. Wrap them in toilet paper, and place in a rubbish bin. Do not flush menstrual products down the toilet.

Preventing body odour

The simplest way to get rid of body odour (BO) is to shower or bath regularly. This gets rid of the bacteria on your skin.

Using soap when you wash helps to control the naturally occurring bacteria.

After washing, make sure that you dry yourself well. Apply deodorant to your armpits. Deodorants help make your armpits less friendly to bacteria and hide odours. Antiperspirants help block your sweat glands to reduce sweating.

Put on clean, dry clothing. Wearing clothes made from natural fibres such as cotton, silk and wool can keep you dry. Wash your clothes often and, if possible, hang them outdoors to dry.

If you have a problem with sweating too much, make an appointment to see your doctor.

3. Beat Germs All Over Your House



Start in Your Laundry Room

Think your washing machine is one of the cleanest places in your house? Think again. Dirty laundry can fill your washer -- and future loads of laundry -- with bacteria and viruses. To keep it fresh, run your washer empty with a cup of bleach once a week. To kill germs, wash and dry your laundry at the highest temperature the fabric can stand.

Really Clean Your Towels

If only one person is using a towel, wash it once a week. Wash after each use if someone is sick.

Wash gym towels after each workout.

Wash kitchen towels separately from underwear and bathroom towels.

Replace hand towels every few days, or every time you have guests.

Hang towels to air dry. Don't reuse any in a heap on the floor.

Banish Bedroom Germs

Wash all bed linens at least once a week in hot water -- more often if someone is sick.

Wash soiled items -- like clothes with grass stains -- separately from other laundry, especially sheets.

Keep food and snacks out of bedrooms. Crumbs attract mold and bacteria.

Sanitize Your Family Room

Germs hang out where you do -- especially spots everyone touches like telephones, coffee tables, TV remotes, and video controllers. Clean them often with disinfectant wipes. Use a damp microfiber cloth to gently wipe dust from your flat screen TV. Vacuum crumbs and clean spills right away, so bacteria doesn't grow in your carpets and furniture.

Clean Knobs and Railings



Germs spread quickly on doorknobs, cabinet handles, railings, faucets, light switches, and lamps. Sanitize these surfaces once a week with disinfecting wipes or a disinfecting cleaner. Do it more often if someone in your family is sick or if you have guests. This will help kill viruses like COVID-19 and the flu.

Wipe Down the Office

Computer keyboards, desktops, and telephones are breeding grounds for germs, especially if you share equipment or eat while you work. Shake out your keyboard often, or use a vacuum attachment to remove junk. Then use a wipe to disinfect it. Or, get a skin for your computer keyboard and don't forget to wash it. Wipe your computer screen with a damp microfiber cloth.

Disinfect Kids' Rooms

Kids get and spread germs easily. Once a week, wipe down all surfaces in your child's room with disinfecting wipes or spray. If you have a baby, be sure to really clean the diaper changing area, crib rails and slats, and plastic toys. Leave the disinfectant on for at least 30 seconds and then wipe well with moist paper towels or a clean, wet cloth.

Sanitize the Kitchen Sink

Forget the bathroom. The kitchen sink is the second germiest place in the house. The kitchen sponge is No. 1. Bacteria from raw meats and other foods flourish and grow in your sink. Scrub it with a disinfecting cleanser every day. And that sponge? Wet it and zap it in the microwave for two minutes each day to help kill any E. coli and salmonella lurking there.

Keep Countertops Clean

Clean your kitchen counters every day after you prepare food. First, wash them with hot soapy water to get rid of any gunk and grime you can see. Then use a solution of 1/2 cup of bleach in 1 gallon of water (or whatever is recommended for your countertops) to sanitize them. Let them air dry. To help keep your counters germ-free, don't put your purse, laptop, phone, mail, or anything else on top of them.

Tackle the Fridge

Keep your fridge clean by washing the inside walls, doors, and shelves with hot soapy water every few months. To get rid of smells, use a mix of half water and half white vinegar. Or, wash with a mixture of baking soda and water, then let the fridge air out for a few hours. Always clean up refrigerator spills right away.

4. Deep Clean Your Bathroom



Rid your bathroom of lurking germs with these bacteria-targeting bathroom cleaning tricks. From how to descale a shower head to the easiest (and least gross) way to scrub the toilet, consider this your ultimate bathroom-cleaning guide.

The process of deep cleaning your bathroom isn't as complicated as you might think—follow these expert-recommended steps to make every inch of your bathroom sparkling and germ-free.

How Gross Is the Bathroom?

According to University of Arizona professor of virology Charles Gerba, who has conducted many studies of household bacteria, the bathroom is pretty darn gross. With supereffective tactics from Aggie MacKenzie, a coauthor of *How Clean Is Your House?*—and Gerba's gory details to spur you on—you can clobber germs like never before.

Rule #1 for how to clean a bathroom? Keep it dry—so as you're cleaning, make sure you dry all surfaces well afterward.

Whether you divvy up your antibacterial blitz into small sessions or complete your bathroom deep clean in one fell swoop, implementing these habits every couple of months will be like flushing your worries down the...well, you know.

Descal the Shower Head

Why: The showerhead can harbor *Mycobacterium avium*, a pathogen linked to pulmonary disease.¹ Gerba says that turning on a neglected shower can send millions of germs straight into your lungs.

What to do: Take it from the top: Pour an ample amount of white vinegar into a plastic grocery bag (enough to fully submerge the showerhead nozzle) and tie it in place for an overnight soaking. Remove it in the morning and run the water to rinse.

Clean the Shower Curtain or Doors



Why: Those germs from your shower head (and your body) can linger in your tub.

What to do: Give plastic shower curtains and liners a spin in the washing machine with your regular detergent and a few old towels, which help scrub away soap scum and mildew. Rehang to dry.

For shower doors, make a paste by adding a few drops of distilled white vinegar to a cup of baking soda; apply it directly to the door (it's nice and thick, so it will stick). Let sit for an hour, then rub with a microfiber cloth. Rinse and buff dry with a fresh, dry microfiber cloth. As a preventive measure, routinely spritz all surfaces with a shower cleaner to keep odors, soap scum, hard water stains, mold, and mildew at bay.

Refresh Dingy Grout

Why: Grout is porous and highly susceptible to bacteria growth.

What to do: Dip a grout brush in straight bleach and scrub any discolored areas; rinse well. Be sure to ventilate the room.

Seal grout every six months to help prevent moisture and grime from infiltrating. For pesky grout and tile stains, use a good tile and grout cleaner.

Clean Bathroom Countertops, Walls, and Ceilings

Why: Soaps (and the dirt and skin cells they slough off) leave behind a microscopic film.

What to do: Spray countertops, walls, and the ceiling with an all-purpose cleaner and turn on the shower, cranking the hot water until steam builds (about five minutes).

Get the Toilet Sparkly Clean

Why: Gerba says that a flushing toilet, when viewed in slow motion, resembles a fireworks display. And since germs linger in the bowl even after flushing, bacteria, such as E. coli and salmonella, can fly into the air and land on the seat, the handle, and other surfaces.²

What to do: Pour a cup of baking soda into the bowl. Let sit for a few minutes; brush, and flush. Still seeing spots? A damp pumice stone is abrasive enough to remove limescale and mineral deposit stains but gentle enough not to damage surfaces.

Clean the Bathroom Sink

Why: Prepare to shudder: The sink drain wins for the highest bathroom bacteria count—topping even the toilet seat. In his research, Gerba has detected as many bacteria down there as you would find on a cutting board used to slice raw meat. And faucet handles?³ You touch them after using the toilet and before washing your hands.

What to do: You don't need heavy duty cleaners to make the bacterial stew disappear. The best tip for how to clean bathroom sinks? Pour white vinegar or baking soda down the drain and flush with hot water.

Wash Hand Towels the Right Way

Why: Many share them, and they trap moisture—that's a recipe for bacteria stew.

What to do: Use the sanitizing setting if your washing machine has one (or bleach them). Replace with clean towels every three to four days.

Degerm the Bathroom Vent

Why: While it helps reduce mold and mildew, the fan also inhales a smorgasbord of airborne particles, which can linger on the blades and the vent.

What to do: First, flip the circuit breaker. Then remove the cover and soak it in warm water and dish soap. Use the vacuum's nozzle attachment to get gunk off the fan blades; wipe with a damp cloth. Remove dust from the motor and other nooks and crannies with a stiff, clean paintbrush, and suck up the debris with a vacuum. When it's completely dry, replace the cover.

Clean Your Bathroom Cleaning Tools

Why: Without this deep clean, your toilet brush could simply be a breeding ground for bacteria.

What to do: Tackle the toilet brush itself, which you should clean after every use. Here's how: Secure the brush handle between the already-cleaned seat and the basin to hover over the bowl; pour bleach over the bristles. Let stand for a few minutes, then douse with a pitcher of clean water. Next, fill the brush canister with warm, soapy water and let sit; dump the dirty water into the toilet.

5. Keep a Home Clean and Tidy



Some people see cleaning as a relaxing and enjoyable activity they can look forward to each day. If you've landed on this article, though, that's probably not you. If cleaning is the last

thing you want to do, but you still want to live in a neat and tidy space, you're in luck! We've gathered some of the best tips you can use to keep your home clean in Sydney, plus expert insights from house cleaning and organization professionals. Keep reading to get started!

Tidy up as you go.

Cleaning up after yourself immediately helps you keep your home clean in Sydney. It's a lot easier to clean if you do it right away, instead of putting it off for later, explains residential and commercial cleaning expert Arturo Perez. "If you spill something, clean that. If something is not in its place, pick that up. Basically, clean up after yourself. That's the best way to keep your house clean," he says.

Make your bed every morning.

A tidy bed lifts the entire room and makes it look neater. If your bed is made, the room will look a lot tidier, even if a few things are still out of place. It really only takes a couple of minutes every morning to make your bed, and once you get in the habit of it, you won't miss the time.

Wipe down surfaces.

Use a duster or damp rag to wipe off shelves, tables, and counters. This shouldn't take more than a couple of minutes and can easily be done while you're doing something else, like watching TV or listening to music. If you wipe off flat surfaces every day, your home in Sydney will look a lot cleaner, and dust and grime won't accumulate.

Disinfect things you touch often.



Things like TV remotes and door handles can accumulate a lot of germs. It's a good habit to disinfect these items and surfaces on a regular basis to keep your home clean and keep your family healthy.[6] Disinfecting wipes work well for this, and they're super easy to use. Just wipe the item you want to clean, and that's it!

Sweep or vacuum high-traffic areas.

Take 5 minutes each day to sweep around doors and hallways. The areas where people walk the most are going to get the most dirt. Sweeping every day keeps this dirt from building up and ensures no one will track it through the rest of the house.

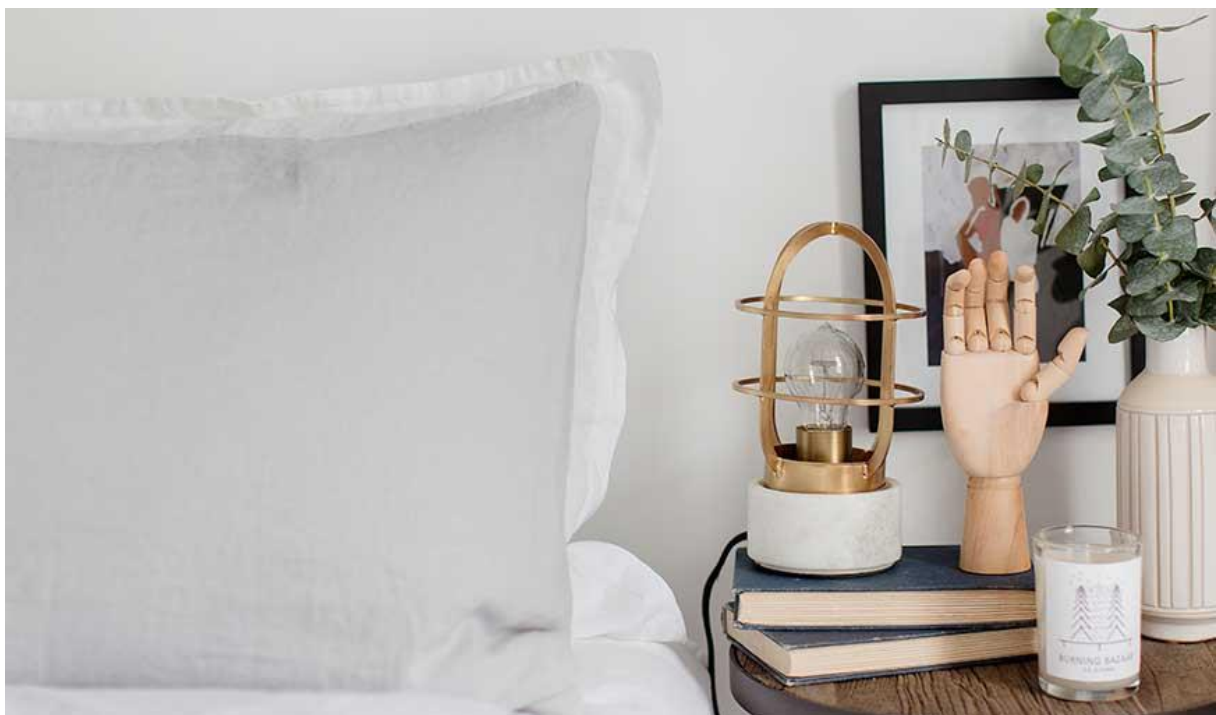
Wipe down the shower after each use.

The steam and hot water from your shower loosens grime. This means that your tub or shower is a lot easier to clean immediately after you finish using it. If you keep the bottle of bathroom cleaner sitting next to your shower or tub, it'll remind you to do a quick spray and wipe-down when you get out.

Give the toilet a quick scrub every night.

Make freshening up the toilet part of your bedtime routine. Squirt the toilet bowl cleaner in the bowl, then let it sit while you brush your teeth. After you're done brushing your teeth, washing your face, and whatever else you do at night to get ready for bed, give the toilet a quick scrub and a flush. That's all you need to do to keep the toilet bowl fresh!

Declutter before bedtime.



Make an effort to straighten things up before going to sleep. Do a quick walk-through of each room, pick up any clutter you see, and put these items back in their designated spots. You may find it helpful to use a small box or basket to gather up everything at once, so you don't need to make several trips back and forth.[12] When you do this each night, you'll wake up in the morning to a clean, tidy home!

5.1. How To Get Rid Of Mould On Ceiling?



Cleaning mould off the ceiling is never a pleasant job. However, it is still important to learn the best way to do so because it is not something that you can overlook. Mould spores are known to multiply at a rapid rate, which is not ideal if you want to maintain a healthy and hygienic residence.

If the mould is left to grow, it will appear unsightly while also being toxic. Mould also produces allergens that have the ability to cause allergic reactions, skin rashes, respiratory issues, and, in some cases, asthma attacks.

Typically, if it is clear that mould has started to grow on your ceilings, you will need to take immediate action and clean it off. If you do not have the time, it might be better to hire end of lease cleaning Sydney professionals who also do house cleaning.

But if you have time, you can tackle the problem yourself. Here is how to get rid of mould on ceiling. Follow these steps for the best results.

1. Keep the Area Prepared

It is vital to remember that you are working on a higher surface when cleaning the ceiling. It is not only above your head but also above furniture, floors, etc.

Due to this, you must prepare the area before proceeding with cleaning. Utilise an old bed or dust sheet to cover the floors and safeguard your furniture from falling mould spores. You should also ensure proper ventilation by opening the windows. If you have an air purifier, keep it on so that it can trap the mould spores.

2. Wear Personal Protective Equipment

Once you have prepared the area, it is time to prepare yourself. Professionals who do cheap end of lease cleaning Sydney recommend wearing personal protective equipment if you are trying to remove mould from your ceiling. Inhaling mould spores can prove to be highly dangerous. To avoid doing so, you must wear a face mask.

Next, wear eye goggles to safeguard your eyes from any falling cleaning solution during the cleaning procedure. It is also important to wear gloves so that the mould spores do not fall on your hands.

3. Prepare and Apply the Vinegar Solution



Using vinegar is the best and the most eco-friendly option you have when trying to get rid of mould from the ceiling. Even though you can just use white vinegar, it is better to prepare a solution by mixing white vinegar and warm water in a 1:1 ratio. Mix them in a spray bottle. This solution won't cause any damage to the surface of your ceilings, and it is also a budget-friendly option.

Once the mixture is ready, spray it on the mouldy area. In case you cannot reach the area, it is best to use a ladder. You can also attach a cloth to an extension pole and use it. It is more than likely that you would want to wipe off the solution as soon as possible. But you must let it sit there so that it can work its magic. Ideally, you should allow the mixture to sit on the mouldy area for about an hour.

4. Scrub the Area With a Cleaning Brush

After you have let the solution kill the mould spores, it is time to take a cleaning brush and use it to scrub the affected area. Even though it is true that you would want to disrupt the mould and get rid of it when cleaning, it is important to be careful.

According to end of lease cleaning Sydney experts, being gentle rather than rough when scrubbing is important. This cleaning tip will allow you to avoid causing damage to the ceiling.

5. Use a Damp Cloth to Wipe the Area

Once you have gently scrubbed the area, the ceiling might start to appear dirtier than when you started the cleaning procedure. However, it is worth noting that this is typically a good sign. It means that you have successfully disrupted the mould, which means that it is time to wipe it off.

Simply dampen a cloth and use it to wipe the area. It will help you get rid of the mould and cleaning solution remnants. Remember that you may need to rinse the cloth regularly during the process. You can stop wiping once it is visible that you have eliminated the mould and the vinegar solution from the ceiling.

6. Immediately Dry the Area

You might be aware that mould is caused by extra water and condensation, which is why it is not wise to leave dampness on the ceiling. This will typically lead to mould growth. Professionals who do budget end of lease cleaning Sydney recommend drying the area immediately after wiping.

During summer, opening the windows will be sufficient. If the windows are dirty, wash them. During the cold season, using a dehumidifier or fan to circulate the air and eliminate the additional moisture will be better.

Conclusion

Maintaining a germ-free home during the monsoon in Sydney requires consistent effort, but the benefits to your family's health and comfort make it worthwhile. By staying vigilant about moisture control, practicing good hygiene, and regularly disinfecting your home, you can prevent the growth of harmful bacteria and mold. Implementing these simple yet effective measures will not only protect your household from seasonal illnesses but also create a fresher and more welcoming environment throughout the rainy season. With the right approach, you can enjoy the monsoon without compromising on cleanliness and health.

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