

# A Clean Home Is a Healthy Home

# A Healthy Home Is Important



- We spend a lot of time at home
- By helping individuals you support keep their home clean, you can help them make it a healthy place to live
- Keeping one's home cleaned regularly can:
  - Improve the quality of the indoor air
  - Reduce stress and improve mental clarity
  - Reduce the time to clean later

# Our Homes Seem Safe, But...

- People can get sick from germs in the home, especially in kitchens and bathrooms
- Too much moisture can result in mold growth, which can make people sick
- Lots of clutter can create homes for cockroaches, rats, and mice
- Drips or spills left on the floor can cause someone to fall and hurt themselves
- Grease buildup in the kitchen can start a fire



## As a Supporter, You Should:

- **Be Informed** – Learn about things like pest control and mold prevention
- **Be Practical** – Help the individual you support set goals and focus on tasks that are doable
- **Be Patient** - Give simple explanations, demonstrate what to do, and 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

# Help the Individual You Support Live in a Home That Is...

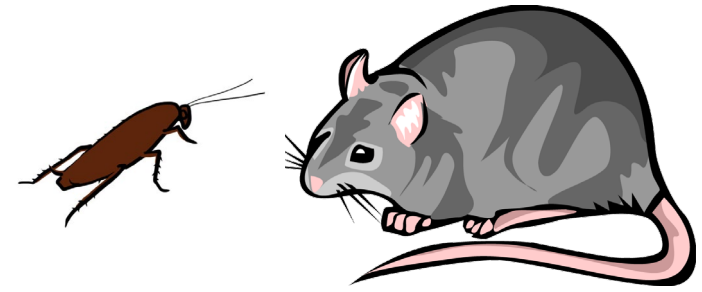
1. Mold-free
2. Pest-free
3. Bed bug-free
4. Stocked up with basic cleaning supplies
5. Cleaned routinely

# Having a Mold-Free Home

- Mold can make people sick with a stuffy nose, sore throat, or worsened allergies
- Mold grows in wet places, like kitchens and bathrooms
- **You can help the individual you support:**
  - Keep things dry or use fans in moist areas
  - Watch for signs of mold, like black and green spots
  - Check for plumbing leaks

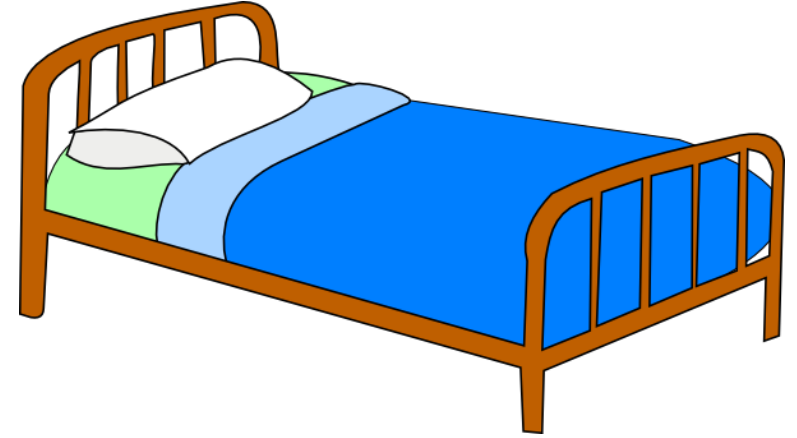


# Having a Pest-Free Home



- Pests, like cockroaches, ants, and mice, can make the air unhealthy, make food unsafe to eat, and damage homes
- **You can help the individual you support:**
  - Keep their home less cluttered
  - Keep pests out, such as sealing openings in walls
  - Remember to not give pests food, water, or a “home” like old boxes and other clutter
  - Watch for signs of pests, like odd smells and sounds or dead bugs
  - Get in touch with their landlord or exterminator

# Getting Rid of Bed Bugs



- Bed bugs bite humans and animals
- They usually live in or around beds
- **You can help the individual you support:**
  - Remember to wash and change their sheets regularly
  - Remember to dust and clean floors every week
  - Watch for signs of bed bugs, like reddish or dark spots and tiny eggshells on their bed
  - Get in touch with their landlord quickly



# Having the Right Supplies

- **Help make sure the individual you support is stocked up on basic cleaning supplies:**

- Sponges
- Cloths
- Paper towels
- Toilet brush ONLY for cleaning the toilet
- Scrub brush for other things
- Rubber gloves
- Broom for floors
- Mop for floors
- Vacuum for carpets
- Dishwashing liquid
- All-Purpose Cleaner spray



# Having a Cleaning Routine

- Everyone should try to clean their home weekly
- **You can help the individual you support:**
  - Develop their cleaning checklist with items for each kind of room:
    - Kitchen
    - Bathroom
    - Bedroom
  - Come up with a plan, like having a designated cleaning day every week or committing to cleaning one part of their home each day



# Pets Need a Clean Home Too!



- **You can help the individual you support remember to:**
  - Keep pet food separate from people food
  - Store pet dishes, utensils, and can openers separately
  - Wash their hands after touching their pet, their pet's food, toys, cages, litter boxes, and after picking up animal waste
  - Clean litter boxes for cats every day or so
  - Pick up waste in a plastic bag and throw the bag in the garbage
  - Wash pet food bowls every day

# Additional Resources

- From the National Institutes of Health (NIH):  
<https://newsinhealth.nih.gov/2016/12/making-healthier-home>
- Psychology Behind Cleanliness:  
<https://www.psychologytoday.com/us/blog/the-truisms-wellness/201607/the-powerful-psychology-behind-cleanliness>