

Infection prevention & healthcare facilities

Clean your home



ACIPC
Australasian College
for Infection Prevention and Control

Keeping your house clean and reducing the dust and dirt reduces the risk of infection in your home. Many common viruses and bacteria can be transmitted by contaminated surfaces. Regular cleaning is a simple way to prevent illness in your household.



Clean/disinfect surfaces

- » Focus on the most used areas of your home such as the living and dining room, kitchen and bathrooms.
- » Pay close attention to frequently touched surfaces such as door handles, light switches, remote controls, keys, phones and tablets taps and toilets.
- » Clean hard surfaces regularly with household detergent solution or wipes, then disinfect with household disinfectant or bleach solution. Always read the safety instructions before using bleach or other household chemicals and never mix them.
- » Clean less touched surfaces like walls and windows when visibly dusty or dirty with household detergent solution or wipes.
- » Vacuum carpets and mop floors at least once a week, more often if someone is sick.

Wash clothes, linen and toys

- » Wash clothes, bed and bath linen, and soft toys in the hottest water available using household laundry detergent. Don't forget to wash or dry clean quilts, blankets, pillows, mattress protectors and other bedding.

Hand hygiene

- » Good hand hygiene is key to preventing the spread of illness in the home.
Wash your hands regularly, especially after cleaning and before handling food.
Wash hand and dish towels regularly and discard or wash used cleaning cloths in the warmest water available/ Dry thoroughly before reusing.
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More information:

Hygiene at home - NSW Health

