

THINGS YOU CAN DO AT HOME

Preventive practices at home can save you time and stress. Here are a few things you can do:

- **Ventilate the bathroom-** Excessive moisture left in the air after bathing or showering promotes growth of mildew, mold, and fungus. Use the ventilating exhaust fan or open a window for a few minutes.
- **Close the toilet seat.** When you flush, microscopic bacteria-laden water droplets spray into the air and contaminate the surfaces of the bathroom.
- **Squeegee shower walls after each use.** It cuts your weekly cleaning into a quick job. The major cleaning problems in the bathroom: soap scum, mildew and mineral build-up, are caused by allowing water to stand until it evaporates. You can use a towel instead of a squeegee, but then you have to deal with a wet towel.
- **Use pots and pans that are big enough** to avoid splatters in the kitchen. Spills and boil-overs are sources of big messes and burnt on foods.
- **Use the exhaust fan while cooking.** It will help to eliminate airborne grease that builds up on kitchen surfaces. It also reduces cooking odors which are absorbed by carpets and upholstery.
- **Don't spread germs in the kitchen** by using contaminated sponges or dishcloths to wipe off counters.
- **Empty the dishwasher promptly** so you can reload it. Dishes that end up in the sink or on the counter are breeding grounds for bacteria.
- **Put a mat at the entrance** at each door of your house.
- **Shut dirt out by closing drawers, cabinets and closets.** Items stored in closets will remain cleaner if you keep the door closed.
- **Put things back where they belong.** Have a place for everything.
- **Have plenty of trash cans around the house.** Avoid clutter by having lots of places to throw them away.