

Preventing Disease Through Healthy Environment



ABSTRACT

A house is the most primary thing that come in to our mind. Since our homes are basically the places where we spend most of our time. A healthy environment in our home is a major factor on how our complete day will go on. Thus, It's important to figure out the things to make our home cleaner, healthier & peaceful. Just making a few changes in the environment can improve the health of your homes and everyone's mood cheerful.

INTRODUCTION

A healthy home environment may be as crucial as eating healthily and exercising to prevent disease and stay energetic and well. While a nutritious diet and regular movement are essential, these are not the only answers to good health. Your health is more than what you eat or the amount of physical activity you get on a daily basis.

I. Is Your House Making You Sick?

Is your house making you sick? Don't be surprised if the answer is yes. Toxins, pesticides, gases, mites, and molds are everywhere, and the more you're exposed to them, the greater your risk for developing the health problems they can cause.

When it comes to being "home sick," says Robert McLellan, MD, director of Exeter Hospital's Environmental and Occupational Health Center in Portsmouth, N.H., you can look at it from two angles. Which of your health problems are related to your environment? Or what hazards are lurking in your environment and what can they do to you?



The first angle, typically referred to as "sick building syndrome," usually results in a group of symptoms such as eye, nose, and throat irritation, stuffiness, "spaciness," and rash, says McLellan. "These symptoms come and go fairly quickly -- you may notice them within an hour or two of entering a building but also notice that they will be

gone within an hour or two of leaving a building." There is no objective test that measures these symptoms, McLellan says, so it's more a matter of paying attention to the symptoms and trying to pinpoint when you have them and where you are when they strike.

"Building-associated illness" covers the second angle. In this case, the effects of environmental hazards may not be immediately apparent. Exposure to radon, for example, can lead to lung cancer, but it may be years before that happens. With building-associated illness, abnormalities -- such as sinusitis, allergies, asthma -- can be diagnosed through objective tests.

Every household is different, says Elizabeth Sword, executive director of the Children's Health Environmental Coalition (CHEC), in Princeton, N.J., but we should all look to the same general sources when trying to determine what hazards we're facing. Air, food, water, and consumer products are what Sword calls the "organizing principles" of confronting environmental risks.

Tobacco smoke. Long-term exposure to other people's tobacco smoke (not to mention your own!) increases your risk for lung cancer, respiratory infections, other lung problems, and possibly heart disease. Don't allow tobacco smoke in your home, McLellan cautions.

Radon. Radon is an odorless, invisible gas that can increase the risk of lung cancer, especially for smokers. Radon tests are not expensive. For more information, call the National Radon Hotline at (800) SOS-RADON.

Asbestos. If your home was built between 1920 and 1978, you may be exposed to asbestos, which was commonly used as a building and insulation material then. Exposure to small amounts of asbestos probably won't harm you, but breathing high levels of it can increase your risk of cancer and lung disease. Only specially trained and licensed contractors should remove asbestos, but you can identify it yourself.



Lead. Many homes built before 1978 contain lead paint, which causes lead poisoning in nearly 900,000 children each year. If you have a young child at home who is at risk for

lead exposure, talk to your physician about having the child's blood tested for lead levels. And if you live in an older home, consider testing for lead paint.

Another, more contemporary, risk of lead poisoning comes from scented candles. According to the Environmental Illness Society of Canada, some candle makers are still using lead cores in their wicks, which can result in lead particles being emitted into the air of a home. This is particularly dangerous for infants, small children, and pregnant women.

Combustion gases. These gases include carbon monoxide, nitrogen oxides, and sulfur dioxide. They can cause flu-like symptoms, respiratory illnesses, or even death. Don't use unvented combustion appliances (such as portable kerosene heaters) indoors. Use an exhaust hood over a gas stove. Clean and maintain your chimneys and furnace every year, making sure that they are properly vented. And install a carbon monoxide monitor.

Water pollution. one of the safest water supplies in the world, but that doesn't mean it's failsafe. If you use a private well, test your water every year for nitrates and bacteria. Depending on where you live, you may also want to test for pesticides, organic chemicals, or radon.

Household chemicals. Some household products may be dangerous if not used correctly. Choose the least dangerous chemical for the job. Keep household chemicals away from children and pets, and if possible, store them outside the house and away from living spaces.

Pesticides. Try to avoid using chemical pesticides when maintaining your gardens, lawns, and trees. Also, store firewood outside and away from the house to avoid insects, keep food in tight containers, and clean up food spills to minimize insects.

Allergens. Water-damaged materials frequently grow molds and other organisms that can cause allergies and other illnesses. To reduce other allergens in the home and fix leaks and moisture problems, don't use a humidifier unless you follow the manufacturer's instructions, keep furry animals out of the house (or at least out of the bedroom), wrap your mattresses and pillows in allergy-proof covers. You can also check the web site of the American College of Allergy, Asthma & Immunology

Food poisoning. Food must be properly prepared and stored to prevent food poisoning. Keep your refrigerator below 40 F. Refrigerate cooked, perishable food as soon as possible. Wash cutting boards with soap and hot water after each use. Don't allow raw meat, poultry, or fish to come into contact with food that will not be well cooked. Don't eat raw or undercooked eggs



Children, older adults, and individuals with a chronic illness are particularly susceptible to environmental hazards, says McLellan. If you're a parent, adds Elizabeth Sword, think about your environment from the vantage point of a child. "The more they're exposed when their organ systems are not fully developed, the more risk they have."

II. The 5 best natural disinfectants to kill germs effectively



Natural disinfectants may be a suitable alternative to using household cleaners with strong chemicals, whether you're worried about potential health risks or the environmental impact.

In fact, natural or plant-based disinfectants can often be as effective as chemicals, if they're used properly. However, natural options also tend to work more slowly than chemical disinfectants, so the surface must stay wet with the solution for a longer amount of time in order to effectively kill germs.

In addition, all disinfectants, including natural ones, are most effective if used on a surface that has already been cleaned with soap and water to remove dirt. Here are five of the most effective natural disinfectants and how to use them in your home.

1. Alcohol

Alcohol is one of the most effective alternatives to chemical disinfectants, says Andrei Tadique, a pharmaceutical scientist and engineer at Emergent BioSolutions.

Alcohol kills germs by breaking down their cell walls, but is only effective when used at a high enough concentration — about 60% or more. Many common household cleaners — such as hand sanitizer, cleaning wipes, and other disinfectants for viruses — contain at least 60% alcohol.

You can create a disinfectant alcohol solution at home by combining two parts isopropyl rubbing alcohol with one part water. Let the solution sit for at least 30 seconds before wiping clean.



2. Hydrogen peroxide

Hydrogen peroxide isn't as effective as some chemical disinfectants, like bleach, but it does effectively kill viruses and bacteria, according to the Centers for Disease Control (CDC).

For example, in a 2018 study published in *Antimicrobial Resistance and Infection Control*, researchers found that hydrogen peroxide was more effective at killing some forms of bacteria than quaternary ammonium compounds, typically found in chemical disinfectants.

You can use the typical 3% hydrogen peroxide concentration found in stores as a disinfectant or you can dilute it to a 0.5% concentration, which still has some effectiveness, by mixing 2.5 parts water and 0.5 parts 3% hydrogen peroxide. Leave the solution on the surface for at least one minute before wiping clean so that it has enough time to effectively kill pathogens.

The potency of hydrogen peroxide will reduce when it is exposed to light, so store hydrogen peroxide in a dark container to keep it stable and effective as a disinfectant.

3. Vinegar

Vinegar is commonly referred to as a natural disinfectant, and while it has some disinfectant properties, it is not as effective as alcohol or hydrogen peroxide at killing pathogens.

The main ingredient in vinegar, acetic acid, helps to break down dirt and can reduce bacteria on dirty surfaces. A 2010 study found that 10% malt vinegar reduced the viability of the flu virus and a 2014 study published in the journal of the American Society for Microbiology found a 10% solution effective at killing the bacteria that causes tuberculosis.

White distilled vinegar typically found in grocery stores has a lower concentration of acetic acid — about 4% to 7% — but it can be combined with equal parts water and used on countertops, floors, and cupboards to kill germs. To effectively kill germs, vinegar must sit on a surface for about 30 minutes, Tadique says.

4. Hot water

Hot water can effectively kill bacteria and viruses, but the water should be at least 140 to 150 degrees Fahrenheit, according to the World Health Organization (WHO). Boiling water, at 212 degrees Fahrenheit, is often used to kill pathogens when cooking or reheating food.

Of course, hot water is even better when combined with soap or another disinfectant, such as when you're washing dishes or clothing. A 2010 study published in the Public Library of Science found that warm water at about 130 degrees Fahrenheit was not effective at killing viruses on its own, but adding a strong oxidizing agent, like bleach, disrupted the viral genome enough to prevent it from spreading.

When it comes to disinfecting your clothing, wash at a temperature of at least 140 degrees Fahrenheit. The dryer also helps kill germs since they range in heat from about 135 to 150 degrees Fahrenheit. Do not attempt to wash your hands or body with water at this temperature, as it can burn or irritate your skin.

5. Essential oils

Some essential oils, like patchouli and cinnamon, may be somewhat effective against certain strains of viruses and bacteria, Tadique says, but there are better alternatives that act on a wider range of pathogens.

Essential oils are thought to work by disrupting the cell membranes of viruses and bacteria, but more research is needed to learn about their chemical nature and how they can be used most effectively as disinfectants.



"If you're really committed to using essential oils in your cleaning regimen, I recommend using a small amount to provide fragrance to a stronger disinfecting agent like alcohol or vinegar," Tadique says.

Natural disinfectants can be as effective as chemicals in some cases, but not all cleaning products labeled as natural are equally effective. When disinfecting with natural products, make sure the concentration is high enough to be effective and you've let the solution sit long enough to kill pathogens.

III. Ways to make your home peaceful & healthy environment



Here are some of the tips to make your home peaceful & healthy:

Letting the fresh air in:

Opening your window lets natural sunlight into your home and it also allows fresh air to come in and pulls out indoor air which may be polluted. It's harmful for your health if you are not letting enough outdoor air come indoors.

Get an Air purifier:

Consider getting an air purifier that can be used for controlling odors, pollutants, chemical vapors and other harmful particles in your homes.

Grow houseplants or make a small garden:

plant some trees around your houses or if you don't have enough space get some houseplants as they can be added to any living space. These houseplants make the home look greenery, purify the air of your home and remove most of the common pollutants like Benzene, xylene and formaldehyde.



Enhance your light & beautify:

Light pollution can be a severe cause if you live in a city environment. Therefore, it is important to look onto it. Wear shades, glasses or eye masks to block out the light from the eye. You can also decorate rooms with painting or your favorite color which will give please you every time you wake up,

Turning on good music:

A good music can make your day & cheer your mood. Thus you can turn on your favorite music or playlist to make your mind more calm & peaceful.

Cleaning out :

The way we clean our dishes or cloths is also a part of a healthy living. So make sure you are doing it properly rather leaving it unclean as bacteria and mold can turn from the left food scraps.

Saying bye to dust mites:

several exposures of dust mites can cause allergies and asthma which can be harmful for humans as most of the time we spend in homes. So let's be sure to clean frequently, change your bedding and pillow cases often. It's better to use special allergen-proof fabric covers for pillows and bedding which is helpful to reduce dust mites levels in the bedroom.



Avoiding chemical based-products:

using chemical pesticides or chemical based cleaners can be linked to certain health problems. Instead of that, using essential oils or plants based natural products can be of great use. You can also make some of the natural cleaning products which include baking soda, vinegar and lemon juice.

Creating a meditation space:

Creating a small space of your own for doing exercise, yoga, or meditation is of great benefit to keep your mental health in check during this busy life.

IV. How to declutter your home – top tips to get you started

Don't know where to start when decluttering your home? This is what the pros recommend to purge items successfully – without getting overwhelmed.



Decluttering and organizing once and for all is a daunting task—but it's always well-worth the effort when your home and storage solutions function like a well-oiled machine. Not only does it help your day-to-day flow but it also helps to improve overall mindset and wellbeing.

'Clearing the clutter from your house actually helps you clear emotional clutter in your mind too,' says Victoria Cornell, founder and decluttering expert at Motherhood Life Balance. 'Clearing out the clutter also lets you make room for new and positive things!'

Antsy to start decluttering your own space? We spoke to a handful of decluttering and organizing experts to get their best insights on exactly how to declutter your home as efficiently as possible so that you can implement the most efficient organization ideas around, for zen-like surroundings.

1. SET A PROPER TIME DURATION FOR THE ACTIVITY

'Decluttering takes time because it involves decision-making every step of the way,' explains Anton Giuroiu architect and founder, Homesthetics.net. 'You need to decide on a per-item basis if you're going to keep something or not and that will definitely not always be a fast decision to make.'

That being said, Giuroiu suggests you make sure to allocate a proper time window for decluttering. For small areas like a bathroom, a day or half a day might be enough.



A whole weekend, on the other hand, might not be enough for larger places like a home office or when organizing a closet. Set your expectations early and make sure that you do not do things in a hurry because you might not be able to do decluttering properly if you are pressed for time.

2. GATHER AND SORT LIKE ITEMS

If you are clearing out your closet, put together pants, shirts, handbags, etc. If you are organizing a garage, put all gardening supplies together or sports equipment, or car maintenance tools.

'Break things down into little categories based on how much time you can spare,' says Katherine Lawrence, founder of Space Matters and support organizer for Hoarders on A&E. 'If you want to organize your kitchen in 30 minutes a day, then one day pull out all the mugs, the next day sort through glasses, and so on.'

3. DECIDE FROM THAT CATEGORY WHAT YOU LOVE, WHAT IS USEFUL, AND WHAT IS PRACTICAL

'I recommend donating or throwing away anything you haven't worn in 6 months or used in 6 months,' says Cornell. 'Don't keep things that have a negative emotion attached to it. For example, you see an item of clothing that you no longer wear and think 'wish I fit into that' or 'wish it looked good on me,' you do not need to carry those feelings around with you. Out it goes!'

If you have a lot of a certain item, it might take a little more decision making to cut down your collection... Let's say you have twenty-five wine glasses and you and your spouse have a daily glass of wine. Pick your favorite two. Sometimes you have dinner parties with six guests, add another four to your keep pile. You love glasses that you picked up while traveling to your favorite vineyard. Add those four to the keep pile and adjust your kitchen storage accordingly.

'Ten glasses fit nicely on one shelf in your cabinet,' points out Lawrence. 'Keeping ten glasses checks the requirements of what you love, what you use, and what is practical. Good Job!'

4. PLACE ITEMS IN A PERMANENT HOME THAT MAKES SENSE

Most of us get the idea of a permanent home with socks (dresser drawer), forks (kitchen drawer), coats (closet), etc. So let's apply this logic to everything else and create a "home" for all the things you own. 'Use labels in drawers and bins as reminders for other family members,' suggests Lawrence. 'Challenge yourself to keep minimizing until everything fits without stacking, shoving, and stuffing.'



5. MAKE DIGITAL COPIES OF YOUR DOCUMENTS

Papers and other documents account for most of the clutter in anybody's house, says Giuroiu. As a result, it is vital to keep a digital duplicate of your papers so that you may search for them digitally when you need them right away, but the physical versions can be kept out of sight and in a secure area.

'Simply ensure that your digital copies are secured from hackers and that your physical copies are stored safely away from floods, fires, and other natural disasters,' he adds.

V. Clean Living Means Having a Healthy Home Environment



The Environment Around You Impacts Your Health

The places where you live, work, sleep or even drive, make up a large proportion of the factors that determine your health.

Is the quality of the air you breathe inside your home as fresh and toxin free as you imagine?

What about the many surfaces you touch in your house? From doorknobs to your phone and computer keyboards, your bathroom and of course your kitchen, these surfaces are full of microorganisms.

Challenges of Creating a Healthy Home

People have built and lived in houses for thousands of years, so what has changed, in modern times, that would cause your home to be a contributing factor to many significant health conditions?



In the past fifty years increased industrialization has led to the introduction of thousands of chemicals. These chemicals and synthetic materials are supposed to make life easier.

However, recent studies show that these modern chemicals may cause more harm than good. As well as being exposed to a cocktail of chemicals daily, there's another concern; it is getting harder every day for us to avoid them! Also:

- Modern house design lets less fresh air circulate through your rooms and is often dependent on air-conditioning for ventilation
- Water supplies are contaminated with chemical runoff from fertilizers and pesticides as well as pharmaceutical drugs including antibiotics that may have found their way into the water supply by being flushed away
- Your water supply may contain fluoride, which is now being associated with a raft of problems for babies and children as well as adults
- Think about the chemicals in personal care products including shampoo, antiperspirant, and toothpaste. These are everyday items that, applied to your body or clothing, are often sources of chemical exposure.

Are You Ready to Make the Change to Having a Healthy Home?

Creating a healthy home does not have to be an exhausting endeavor. In fact, it can be fun! You do not have to give up your lifestyle or make extreme changes to improve your home.

Today, many non-toxic and organic products are available at your local supermarket; making it easy for you to integrate these healthier options into your home cleaning regime slowly. It is just a matter of reaching for one brand over another and today the organic one is often more efficient than the conventional one! Besides, it leaves no toxic residue and smells pleasant and natural.

At first, there may be products which you feel just do not work for you. You might try products that are supposed to be healthy alternatives; however, they do not meet your expectations.

Don't give up because the good ones are out there; it's just a matter of trying a few different ones and following suggestions that others have found worked well. With every significant change that you make, you are reducing your exposure to health hazards.

New products are always coming onto the market, so keep trying until you find the right ones to help you create a healthy home.

Tips for Having a Healthy Home

Indoor Air Quality

We usually think of air pollution as something outdoors. The truth is, the air inside your home, can be more hazardous to your health than the air outside. Air indoors can be polluted by:

- Mold
- Formaldehyde
- Radon
- Carbon monoxide
- Lead
- Volatile chemicals from fragrances used in air fresheners

Opening your doors and windows can help improve your air quality. Fresh air from outside will force out the air polluted removing allergens, chemicals, and mold from your home.

Preventing Mold

The simple solution to preventing mold is to reduce dampness and moisture in the home. Follow up on these actions:

- Avoid wet towels on the bathroom floor
- Fix leaky pipes around the house
- Dry out leaks, spills, and other moisture issues as soon as possible
- Fix plumbing and toilet leaks
- Remove exposed surfaces of water such as drip trays under the air conditioner or refrigerator to reduce humidity and potential growth of mold
- Wipe down condensation that might have developed after your shower

Cookware and Storage

Some everyday products used to prepare meals can cancel out all the health benefits you achieve when eating healthily.

Some nonstick cookware has been coated with a synthetic chemical known as Teflon. Nonstick cookware can release toxic fumes when heated at high temperatures. These fumes are linked to smaller birth weight, elevated cholesterol levels, abnormal thyroid levels, early menopause, and a suppressed immune system.

Cleaning Products for a Healthy Home

A clean home is a happy home and healthy as well! When it comes to cleaning, you do not need harsh chemicals to kill microorganisms, remove dirt, and wash your clothes. There are numerous healthy natural alternatives that work very well without the toxic exposures.



For every room in your home, whether bathroom, kitchen or living room there are natural alternatives that may work for you.

Making **natural cleaning products** is easy and they can be made with simple ingredients found around your house. Using these natural ingredients, is often less expensive, with fewer health risks, and without the hazardous chemical exposure of store-bought regular cleaning products. Here is a link to some homemade natural cleaning product recipes

If you are unable to make your cleaning products switch to cleaners that use plant-based ingredients only. Using 100% plant-based cleaners is the safest way to prevent inhaling toxic synthetic chemicals.

Look at labels and try to find out what chemicals are in your cleaning products. Check the label and look for “**Green Seal**” or “**Eco Logo**” certification, which meets green standards.

Food items such as vinegar or lemon can be used to clean a variety of surfaces throughout your home and are effective against bacteria and mold. Hydrogen peroxide is an effective and safe alternative and has just as much germ-killing power as bleach.

VI. Tips To Keep Your Home Cleaner, For Longer

Keeping a house clean and organised can be a physically draining task. From clearing up the mess to removing tough stains and grime, you need time and energy to achieve sparkling results.

Most people feel burdened with the amount of household chores, but it doesn't have to take up all your precious time. Instead of spending your entire weekend, you can incorporate some good habits that can actually help you maintain a tidy home for longer. Good habits and great cleaning tips are the best things when it comes to promoting a healthy and hygienic living environment.

In case you are moving out of your rental property, hire trained people for an unmatched bond cleaning in Brisbane. They bring all the necessary products and tools to help you transform dirty premises into a shiny abode so that you can claim your bond back without any dispute.



However, if you are looking for some DIY cleaning tips, then read the article and learn how to keep a house clean all day long.

1. Create a Cleaning Schedule

Sprucing up a house is not a one-time task. You need to make a routine and work according to that if you want to see positive outcomes for longer. It is good to add tasks that you need to do daily, such as dusting, mopping, sanitising, disinfecting, etc. When it comes to vacuuming carpets and rugs, you can do it twice a week.

This way, you can keep the house clean and organised all day long without a hint of stress. Split your small cleaning chores into daily, weekly and monthly routines so that you can keep it in a pristine condition all year round.

2. Make Your Bed Daily

Making the bed daily can make a huge difference in how clean the room looks. The best part is that it takes only 5-8 minutes. It is good to change the bed sheet, fold the duvets and properly arrange the pillows before going out for a work. This small effort can help you maintain a clean and organised bedroom all day long.



3. Act on Spills Immediately

Instead of using store-bought cleaners, you can apply a homemade cleaning agent (white vinegar + mild dishwashing liquid + warm water) wet the cloth and blot the affected surface. This will transfer the stain into the cloth. Repeat if required.

After that, sprinkle the generous amount of baking soda and let it sit for 2-4 hours before vacuuming.

4. Wipe Your Kitchen Countertop As You Cook

Do not forget to de-clutter your kitchen whenever you get time in between your cooking hours. Toss expired food items, empty packages and other unnecessary stuff to keep your kitchen look clean and organised.

Apart from that, always wipe down your countertop as you. This will prevent you from scrubbing tough stains and grease. You can use hydrogen peroxide or castile soap solution to get rid of stains, spills and oil splatters from the surface.

Tip: Never use white vinegar or any other acidic cleaning product on natural stone surfaces like granite or marble as it could damage the surface.

5. Pay Attention to Kitchen Appliances

Most people overlook their kitchen appliances, such as a microwave or an oven when you spruce up their kitchen. If you want to maintain the pristine look of your house longer, then wipe the appliances using natural cleaners.

You can add white vinegar, warm water and lemon extract in a microwavable bowl and put it inside your oven or microwave. Heat it for 4 minutes and switch off the appliance. Now, leave it for another 10 minutes to let the steam break down the built-up grease, stuck food particles and tough stains.

Next, dampen the cloth in this solution and wipe the interior walls and surface of your oven or microwave.

6. Bathroom Cleaning is Important

Most of the lethal germs and bacteria germs thrive in a dirty bathroom. From a showerhead to a bathtub, counters to a toilet seat, you need to clean every inch using the best tools and products.



Also, disinfect the high-touch areas of your house using the alcohol-based product to kill germs and viruses. You can also hire seasoned bond cleaners in Brisbane if you are at the end of your tenancy and under a serious time crunch. They will make things easy for you at the best price.

7. Window and Blind Cleaning

Achieving a clean and sparkling house for longer is not only about scrubbing stains hard or treating mould and mildew. You also need to focus on important areas of your house. Windows and blinds are one of those things that can instantly enhance the overall look of your abode when you clean them.

Make your window glasses shine like a pro using water, white vinegar solution and a squeegee. Wipe the sills, frames and each blind to fetch dirt and dust.

These are some great tips to keep your house look clean and organised longer. Make sure you follow a routine and pay attention to important spots for effective results. Also, hire certified experts for the best bond cleaning in Brisbane and get your full security deposit back.

CONCLUSION

When it comes to improving our health, we tend to focus on nutrition and exercise, and we spend less time focusing on how our environment can affect our body. Our home is where we spend a lot of our time, so it's important we figure out ways to make our home more healthy. Whether it means cleaning up more often or removing harmful toxins, paying attention to our living environment can have an affect on not only our longterm health, but even how good we feel in the moment.

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