

HOW TO STAY HEALTHY IN OVERCROWDED HOMES

Worried about keeping the mob healthy in an overcrowded home? Overcrowded homes can cause an increase in skin, ear, nose and throat infections. Here are some ideas to help you stay well.

Get everyone to have their own towel and pillowcase

Create a timetable to make sure that everyone gets an opportunity to have a hot shower

A laundry roster is useful to create set times for people to be able to wash sheets and towels

Ask people to leave their shoes at the door when they come in

Keep the fan on when showering to stop mould developing

Try to keep on top of washing dirty laundry and putting away clean clothes

Don't share durries, cups or cutlery

Make a space against a wall to stand up mattresses that are on the floor especially where people walk

If there isn't enough cupboard space use tubs to store away clean clothes

If you're in housing distress you can call 1800 825 955 to be directed to your local housing access point. You can also call EMH for support on 9403 9400.

