



Your home

Staying healthy at home

Home is where the heart is. So don't bring infections home to your family. Follow these steps to ensure you create and maintain a healthy and infection-free environment:

Here are the top things you can do:

1. [Wash or sanitize your hands](#) after you come home from public places. Wash hands before preparing food, before eating, between handling uncooked fruit and vegetables and raw meats, and after toilet use.
2. [Use safe cooking practices](#). Foodborne illnesses frequently arise from poor food preparation and dining habits.
3. **Don't share personal items.** Toothbrushes, towels, razors, handkerchiefs, and nail clippers can all be sources of infectious agents (think bacteria, viruses, and fungi). Remind children often that while they can share toys, there are some types of items they should not share with others.
4. [Do not place purses or diaper bags on the kitchen table](#), on the kitchen counter, or anywhere else food is consumed in your home.
5. **Keep pet environments clean** and remember to prevent pets from drinking out of the toilet. Keep pets vaccinated and bathed, and clean up accidents promptly. Provide clean bedding, water, and food dishes. Protect your pet and your family and keep disease out of your home by preventing fleas, ticks, and other pests from getting in.
6. **Clean and disinfect frequently touched surfaces** on a regular basis. Establish a schedule for daily and weekly cleaning and disinfection activities based on the location and level of contamination. Clean more often when there are sick family members in your home.
7. **Avoid clutter** to limit areas where dust and dirt can collect.
8. **Organize your cleaning supplies** in one area so they are easy to find. Remember to keep cleaning agents away from children.
9. **Make it a family affair.** Keeping a home clean should be shared by all members of the family. Assign young kids simple tasks to keep them involved.

