

# The Ultimate Guide

To a Healthier Home



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# Abstract

Creating a healthier home in Perth involves improving indoor air quality, using non-toxic cleaning products, and ensuring proper ventilation. With Perth's warm climate, maintaining good airflow reduces humidity and prevents mold growth. Opt for eco-friendly materials, such as VOC-free paints and sustainable flooring, to minimize harmful chemicals. Houseplants can help purify the air, while regular dusting and vacuuming keep allergens at bay. Investing in water filters ensures clean drinking water, and energy-efficient appliances reduce environmental impact. By adopting these simple yet effective measures, you can create a safer, healthier living environment for your family in Perth.

## 1. Introduction

The Ultimate Guide to a Healthier Home in Perth focuses on improving indoor air quality, reducing toxins, and creating a sustainable living space. Start by using eco-friendly cleaning products and VOC-free paints to minimize harmful chemicals. Enhance ventilation to prevent mold growth, especially in Perth's humid months. Incorporate air-purifying plants and invest in high-quality water filters for safe drinking water. Reduce allergens by regularly dusting, vacuuming, and decluttering. Choose sustainable materials like bamboo flooring and energy-efficient appliances. By adopting these strategies, you can create a comfortable, toxin-free home that promotes health and well-being for your family in Perth.

## 2. Ways to Make Your Home a Healthier Place to Live

Make these changes to your home environment to help keep your immunity in tip-top shape.

If you're feeling sniffly during cold and flu season, it might be worth taking a look around your house. A healthy, clean environment is one way to help combat sickness, but there are other improvements you can make to make it less likely to fall victim to a virus. We asked home health experts to share easy steps you can take to safeguard your home from germs while boosting your immunity. Whether you sense illness coming on, or you just want to prevent it, these strategies will make your living space a whole lot healthier.

### Improve Indoor Air Quality

"Improving indoor air quality is one of the top ways to improve our health at home," says Michael Rubino, a mold and air quality expert, environmental wellness advocate, and founder of HomeCleanse. "The average person breathes 20,000 breaths daily and spends 90 percent of their time indoors. Ensuring these spaces have healthy air quality is an overlooked aspect of promoting our ongoing wellness." Fortunately, there are several ways you can improve your indoor air quality.

### Clean Regularly

One of the simplest ways to boost the air quality of your home is to clean. This removes toxins from building up in the form of dust and debris. Clean all surfaces in your home regularly, vacuuming and dusting. Use microfiber towels (which grab dust more effectively than other cloth types), eco-friendly cleaning products, and a HEPA vacuum cleaner to keep your space as clean as possible.



Another simple way to improve your home health is to take off your shoes upon entering, says Andy Pace, a Healthy Home Concierge and founder of The Green Design Center, a resource for homeowners and contractors looking to source products and designs that are healthy and green. Wearing shoes in the house can track all kinds of germs and undo a lot of the effort you put into cleaning your home. Have a designated mudroom or shoe area by your door to keep your shoes away from the rest of your living space.

### **Reduce Clutter**

Cutting down on clutter is a great way to prevent dust and germs from building up in your home. Dust is one of the worst culprits for releasing toxins into air, and reducing clutter in your home cuts down on dust buildup because you've reduced the surface area on which dust would normally land. A less cluttered home is also easier to clean. "The less 'stuff' on surfaces throughout the home, the healthier the space will be and, more importantly, the healthier our air quality will be," Rubino says.

### **Dust Often**

Regularly dusting your furniture and items in your home will help keep your air cleaner and reduce your risk of getting sick. "Dust frequently," Rubino says. "Contaminants like mold spores, mycotoxins, bacteria, pollen, pet dander, and more settle where dust settles. When this layer of particles gets disturbed, it will become airborne and can opportunistically enter our lungs through inhalation. The less dust there is, the healthier our air and we will be."

### **Use Air Purifiers**

Air purifiers can give your home and immune system an additional healthy boost. "Invest in air purifiers with the technology to eliminate contaminants from the air," Rubino says. "A whole-house air purifying system is a great option to help avoid space restraints from many smaller machines." Look for purifiers with HEPA filtration systems to remove as many unhealthy substances from the air as possible.

### **Regularly Change Air Filters**

Change your HVAC filters regularly. Dirty air filters won't be able to screen out airborne contaminants, allowing them to circulate back into your home. "Schedule bi-annual HVAC maintenance," Rubino says.

“As the home's 'lungs,' it's important to ensure these machines operate correctly and are not contaminated with microbial growth.”

#### **Keep Humidity Moderate**

When it comes to humidity, there is a sweet spot that is not too moist and not too dry for optimal health. If you live in an arid area or have unstable humidity, consider getting a humidifier for your home. “One of the first and best steps to improving air quality in the home is to keep the home humidity below 50 percent to lessen the chances for mold development,” Pace says.

#### **Use the Right Cleaning Products**

Quality cleaning products can help you stay healthy while enjoying your indoor spaces. To keep your immunity up, clean with microfiber towels and eco-friendly cleaning products. Use anti-bacterial wipes and cleaners on areas that are touched and used often, such as door handles, faucets, fridge doors, and toilet handles.

Use a HEPA vacuum cleaner to help keep your air clean—it uses a High-Efficiency Particulate Air (HEPA) filter to remove at least 99.97 percent of dust, dirt, and other particles as small as 0.3 microns from the air. This removes allergens, pet dander, pollen, and mold from your air.

#### **Make Your Bedroom a Sleep Sanctuary**

Strengthen your immune system with a clean, peaceful retreat for rest. You can make your bedroom a sleep sanctuary by using blackout curtains and soothing scents like lavender to promote relaxation. Keep your bedroom dark and cool for optimal sleep.

#### **Stock Your Fridge with Fresh Fruits and Veggies**

Immune-boosting foods will help you stay healthy and weather cold and flu season. Cut back on highly processed foods and add more fresh fruits and veggies to your kitchen. Some excellent immunity-boosting foods include citrus fruits, green and leafy vegetables, red bell peppers, and broccoli. Fresh ginger and garlic are great to season meals and offer an additional immunity boost.

#### **Set Up an Exercise Space**

Whether you have a yoga mat you keep rolled up in a corner, or a whole room you can use for working out, a home exercise space is a great way to improve your health and boost your immunity. Regular exercise helps boost your immune system and also improves your mental state, helping you to relax and sleep better.

## **3. Your Complete 2025 Home Wellness Guide**

At the beginning of the new year, many people resolve to improve themselves. But overlooked in the pursuit of self-improvement is the impact of our immediate surroundings on our wellbeing. “Our home environment plays a massive role in how we feel day-to-day,” says Kati Morton, licensed marriage and family therapist and best-selling author of ‘Are You Ok? A Guide To Caring For Your Mental Health.’ “When our space feels chaotic or uninviting, it can mirror and even amplify feelings of stress or overwhelm. Conversely, when our home feels calming and organized, it can help us feel more grounded and in control. It sets the tone for how we approach the rest of our lives.”



### **Refresh Your Décor**

When we become accustomed to the same interior space, the mind can more easily turn to worry and rumination. Refreshing a few key items can help draw your attention back to the present moment and find joy in your own home. “It helps create a visually stimulating environment that promotes positivity and creativity, and quite literally helps us look at things differently, realizing new opportunities through change is always possible,” says interior designer Shaath. Skip the big ticket furniture pieces and opt for replacing decorative pieces you encounter often throughout your day, prioritizing patterns and designs that inspire and brighten your mood. “Small tweaks like adding a fun structural lamp or upgrading bedding to bolder prints, even just reorganizing a room’s layout, can do a lot to uplift spirits,” suggests Shaath.

### **Get A Good Night’s Rest**

Quality of sleep is crucial in determining both mental and physical wellbeing and the foundation of a good night’s rest is a high quality mattress. For those who experience back pain, a medium-firm mattress has been found to be most beneficial. More generally, a good mattress should support the curvature of the spine and keep you cool through the night, according to Healthline. Made of breathable, body-moulding foam with ‘snow technology’ that channels away heat and humidity, Casper mattresses check off all the boxes. Whether you opt for their most affordable mattress or their most advanced, they provide layered ergonomic support and a cooling effect, packaged in a cozy knit cover.

### **Breathe Better**

Air pollution hides inside our homes, causing health effects ranging from the occasional sneeze to chronic respiratory issues. “Poor indoor air quality can affect even the healthiest lungs,” says Lorene

Alba, Certified Asthma Educator and Director of Education for Asthma and Allergy Foundation of Perth. Studies find that purifying the air at home can reduce symptoms and in some cases, prevent the progression of cardiovascular and respiratory diseases.

### **Purify The Air**

There are countless air purifiers on the market but it's hard to find one that adds to rather than detracts from the aesthetic of your space. Enter: the hidden air purifier. This IKEA side table has a built-in air purifier under the tabletop, making for a functional piece that does more than just clean your air. On automatic mode, the purifier detects the particles in the air and adjusts the fan speed accordingly. Controllable via the IKEA Home smart app, you can adjust the fan speed, check air quality status, set timers and create scenes with your other smart home devices from your phone. In addition to an air purifier, an efficient vacuum can keep pollutants and dust particles at a minimum. Dyson's bestselling Dyson V12 Detect Slim cordless vacuum's advanced filtration captures 99.99% of microscopic particles and allergens, and its clean head reveals hidden dust on hard floors.

### **Don't Overlook Humidity**

Alba also recommends a humidifier for relieving respiratory symptoms caused by the dry air from our home heating systems. It's not just allergy or cold sufferers that suffer, lack of humidity can also dry out the skin and hair, and contribute to snoring and poor sleep. "To make your home comfortable and healthy, relative humidity levels should be between 35 to 50% to reduce indoor air pollutants like asthma and allergy triggers," says Alba. Hey Dewy makes a compact, travel-friendly humidifier that humidifies rooms up to 500 square feet. Available in three neutral shades, the sleep humidifier quietly omits a cool mist for up to 24 hours and has an optional mood light setting. For something portable, their wireless facial humidifier runs up to eight hours on a single charge and comes in five fun pastel shades.

### **Get Cozy**

Cozy textures and weighted props can create a sense of comfort and safety, which is super grounding for our nervous system," says therapist Morton. "When we feel physically supported and cozy, it sends a signal to our brain that it's okay to relax, which can be very helpful, especially during stressful times."

### **Try Weighted Cuddling**

To take your home coziness factor further, try adding some weight. "Weighted items, like a pillow or blanket, can mimic the sensation of a hug, helping to reduce anxiety and promote relaxation," advises Morton. Weighted blankets have gained popularity in recent years for improving sleep and reducing stress, but they're not always practical for casual lounging. Enter: weighted plushies and pillows. Hugimals weighted products are designed to reduce anxiety while being conveniently portable and a stylish home accessory. In a pilot program tested in hospitals, the products were found to provide sensory and emotional support to families in high-stress environments.

### **Brighten your space with greenery**

When outside is uninspiring, bring nature indoors—studies find decorating your home with plants can improve your blood pressure, attention and even academic achievement. When combined with proper ventilation they also purify and improve indoor air quality, which can result in higher productivity. Better yet, you don't need to brave the cold to go shop for plants—it's easier than ever to have them shipped directly to your door.

## 4. How to Improve the Indoor Air Quality of Your Home



Make sure you're breathing clean air at home with these tips on removing air pollutants and balancing humidity.

You spend a lot of time in your house, so it's important to pay attention to the indoor air quality of your space. According to the Environmental Protection Agency (EPA), indoor air can be up to five times more polluted than outside, which can have serious side effects on your health. Mold, mildew, smoke, dust, and other invisible allergens might lurk around your home. Long-term exposure to these pollutants has been linked to asthma and other respiratory diseases, heart disease, and cancer.<sup>1</sup>

Fortunately, a few simple steps can help improve your indoor air quality for a cleaner, healthier home. We talked to indoor air quality experts to learn how to do just that.

## **How to Improve Your Home's Indoor Air Quality**

Proper airflow, fresh air from outside, and ventilation are essential to indoor air quality, says Lauren Weigel, Thermastor vice president and general manager. The first step is recognizing the signs of unhealthy indoor air quality. "The most common indicators include lingering cooking smells, fogged mirrors and windows, damp rooms, clothes or towels, strong chemical odors from cleaning, and mold," Weigel says. Once you've identified an air quality issue, follow these steps to stop air pollutants at the source.

### **1. Keep Dust in Check**

Regular dusting and vacuuming can help keep dust, pet dander, and other debris in check. Patrick Van Deventer, director of product engineering at Portacool, also recommends using dust mite-proof covers on mattresses, pillows, and box springs. He also recommends washing bedding in hot water at least once a week.

### **2. Use Your Vent Fan**

Always turn on your bathroom ventilation fan while showering to prevent mold or mildew growth. If you're unsure if the fan is working, try holding a tissue near the fan. "If the fan is removing air properly, the paper will be drawn against the grill and remain there as long as the fan is on," she says.

### **3. Practice Healthy Cooking and Cleaning**

Turn on your range's ventilation hood while cooking to control smoke, excess moisture, and other pollutants released into the air while preparing food. Weigel says you should also turn on your range hood or open a window when using household cleaners, which often contain harsh chemicals that can circulate into the air.

## **How to Use Household Machines for Better Indoor Air Quality**

Specific machines can also help us breathe easier indoors, but having an air filter doesn't mean your indoor air quality will be perfect. Mold, dust, and other allergens can accumulate in your air conditioner, humidifier, and air filter and pollute the air you breathe. Here's what you need to know to keep these devices clean, efficient, and effective.

### **Air Conditioners**

What they do: As anyone who lives in a warm-weather climate knows, air-conditioning is a must-have for summertime comfort. Besides cooling the air inside your home, air conditioners also remove moisture so you feel less hot and sticky.

How to use them effectively: To cool down the entire house, central air-conditioning is usually the most effective way to go. Be aware, though, that when temperatures are mild, your air conditioner might not be running enough to actually remove moisture from the air, Van Deventer says. Additionally, a central air conditioner that's too powerful for the size of the house will cool the air down quickly but won't have a chance to adequately remove moisture. If you just want to cool a single room, a less expensive option is a window-mounted air conditioner.

Safety alert: Because water condenses on an air conditioner's cooling coils, they can be a potential source of mold.

Upkeep tips: Whether you have central air-conditioning or a window unit, air conditioners should be serviced at the beginning of each season by a heating, ventilation, and air-conditioning professional who can clean the coils and make sure they're not contaminated.



### **Air Filters**

What they do: Air filters remove irritants such as mold spores, pet dander, candle and cigarette soot, and even skin cells from the air, making indoor air quality better and easier to breathe, especially for people who have allergies. "Simply opening up a window allows for air exchange, but keep in mind it does nothing to filter out the air and other harmful allergens or asthma triggers that could intrude into your home," Van Deventer says. A filtered ventilator is the best way to bring fresh air in and expel polluted air outside.

How to use them effectively: High-efficiency particulate air (HEPA) filters generally cost more than ionic filters, but HEPA filters are more efficient at removing all of the airborne particles, says Jay Portnoy, M.D., chief of pediatric allergy & immunology, telemedicine at Children's Mercy Hospital in Kansas City, Missouri. He says the best way to filter air for the whole house is with a filter placed in the furnace. (In desert regions, the filter may be attached to the air conditioner as part of an electric heat pump.) Be sure to leave the system's fan running even if the heat is not on to allow the filter to do its job.

Safety alert: "Some air filters produce ozone," Portnoy says. "The ozone oxidizes the chemicals that produce smells and makes the air smell fresh, but doesn't remove them." Because ozone can be an irritant, he recommends steering clear of ozone-producing devices (most are labeled on the package).

Upkeep tips: Over time, HEPA filters clog up and need replacing. How often you need to change them will depend on your indoor air quality. Electrostatic filters should be cleaned according to the manufacturer's directions (some have parts that can be hosed off or wiped down, while others use disposable filters). An air filter subscription service can help you stay on top of a filter replacement schedule.

Additional advice: Don't bet on your air filter to protect you from mold allergens. "Where there's water, there's going to be mold," Portnoy says. The best remedy is to get rid of the source of the mold (such as a leak or damaged drywall) and use a diluted bleach solution to remove the mold spores.

### **Air Purifiers**

**What they do:** Similar to air filters, air purifiers work to sanitize the air by removing contaminants that may cause odors or make us sick. These stand-alone devices include a filter to capture dust and other allergens and a fan to push clean air back into the room. Some also use ultraviolet light to help trap and kill airborne pathogens such as bacteria and mold and improve indoor air quality.

**How to use them effectively:** Standard air purifiers work best in small, closed rooms and are generally not effective for improving air quality across an entire home. However, large-room air purifiers do exist and can help eliminate allergens in bigger spaces.

**Safety alert:** Before purchasing an air purifier, check the packaging to ensure it doesn't produce ozone, which can be harmful to your health.

**Upkeep tips:** As with air filters, you should regularly clean or replace your air purifier's filter according to the manufacturer's instructions.

### **Humidifiers**

**What they do:** Does walking on your carpet give you an electric shock? Those sparks are an indicator that the humidity level in your home is too low. A humidifier can counteract this by adding moisture to the air.

**How to use them effectively:** Most people rely on stand-alone humidifiers to add moisture in individual rooms, which is fine if you can't attach a unit to the furnace. However, according to Portnoy, the most effective way to humidify the whole house is usually with an evaporative model that can be placed in your central furnace. To give the humidifier enough time to improve indoor air quality, you may need to leave the fan running even when the heat is off.

**Safety alert:** Without regular cleaning, humidifiers can shoot bacteria and mold into the air. Be sure to follow the proper instructions for cleaning a humidifier and fill it with fresh water daily.

**Upkeep tips:** A diluted bleach solution is the best way to disinfect and deep-clean humidifiers. For more information, refer to the manufacturer's instructions.

**Additional advice:** The optimal humidity level for your home is between 30% and 50%. "Mold, dust mites, and other air pollutants tend to thrive outside of that range, and our bodies' natural immune systems can be compromised when the air gets too dry," Van Deventer says. A simple way to measure indoor humidity levels is with a digital humidity meter, which can be purchased inexpensively at most home improvement stores.

## **5. Signs You Have Mold in Your Home and What to Do**

Mold spores are everywhere: some are beneficial, some are destructive. Mold spores become a problem in your home when they find a warm, moist spot and begin to feed on organic matter and grow. Mold can be destructive and harmful to your health<sup>1</sup> if it takes hold in your home.

Luckily, there are certain warning signs that mold is present to help protect your health and property before the situation becomes extreme. Learn these seven signs that you may have a mold problem.



### **How Often to Check For Mold and Remove It**

After learning the warning signs, always do a thorough check of your home if you suspect mold growth. Cleaning mold infestation or removal of damaged surfaces should be done immediately. Mold won't easily go away when left on its own.

### **Before You Begin**

The most common molds that most homeowners encounter can be classified into three categories: allergenic, pathogenic, and toxic.

Allergenic molds can require removal by a professional, but most allergenic molds can be removed with home disinfecting products.

Pathogenic molds can be controlled with disinfectants but large colonies require professional removal.

Toxic molds are the most harmful and require a professional to kill the mold and dispose of any affected materials.<sup>2</sup>

The Centers for Disease Control and Prevention does not recommend testing for mold because each type affects individuals differently and there are no scientific standards for what is an acceptable level of every type of mold. They do recommend that all types of mold be removed safely.<sup>3</sup>

### **7 Signs You Have Mold in Your Home**

#### **Visible Discoloration or Staining**

If you see grey, black, green, or bluish specks along grout lines, on walls, or other surfaces, it is most likely mold. Keep an eye out for pink, red, or brown streaks, as well. The texture of mold can be powdery, fuzzy, or slimy. Dark water stains on walls, floors, or ceilings usually indicate the presence of mold.

Action to remove the mold should be taken immediately whether you can do it yourself or need a professional.

### **Musty Odor**

If your eyes are the first detector of mold, your nose runs a close second. Any whiff of a musty, earthy, or sour smell indicates that mold is present even if you don't see visible signs. When you detect an odor, become an investigator until you discover the source. If you don't see mold but still smell an odor, you may need a professional to investigate hidden colonies of mold in walls, crawl spaces, or along home foundations.

Once the source of the mold is found, it should be cleaned up or damaged areas removed immediately.

### **Damp Walls, Upholstery, Floor, or Cabinetry**

If surfaces feel damp—walls, floors, furniture, cabinetry—the level of humidity in the home is too high. High humidity levels will encourage mold growth in visible and non-visible spots like inside couch cushions, mattresses, or walls.

To help reduce humidity, add a dehumidifier or run your HVAC system more frequently. Clean or remove any mold growth found.

### **Leaky Plumbing**

Even a small, slow leak can add enough moisture to encourage mold growth. Check all plumbing connections inside and outside the house regularly, repair leaks as quickly as possible, and take steps to remove the mold.

### **Moisture Condensation**

If you see droplets of water on walls, windows, windowsills, or around a refrigerator, freezer, or air conditioner coils, mold is sure to follow. Condensation occurs because the surfaces are typically colder than the air or other surfaces in the home.

Take steps to insulate or repair leaky spots around these areas or empty drip pans to help prevent mold growth.

### **Taste**

If your cup of coffee tastes off, it could be there is mold in your coffee maker. Small appliances that use water and water dispensing systems in refrigerators are perfect breeding grounds for mold growth.

Regular cleaning and proper maintenance will help keep mold at bay.

### **Allergic Reactions**

If someone in your family begins to show signs of an allergic reaction - sneezing, coughing, rashes - that won't go away, it could be because of mold.<sup>4</sup> Consult with your physician and if mold exposure is the cause, take action to remove the mold.

## **6. How To Prevent Mould And Mildew In Your Home?**

Mould and mildew are red flags for any property and must be dealt with promptly. They not only look unsightly but pose a huge risk to your health and can even damage the home's structural integrity. Unless preventive steps are taken, they may become a permanent resident in your home.



Both mould and mildew are fungi that reproduce by releasing spores into the air, which can cause you to experience allergies like asthma attacks, coughing or other negative health effects. Under the right conditions (namely damp, dark and poorly ventilated areas), these spores settle down and begin to grow. So, we need to understand how we can keep these things away from our homes.

Through this write-up, we will take a look at some of the practical and effective methods that can be employed to keep mould and mildew away from your home. By the end of this piece, you will be armed with a clear understanding of how to maintain a mould-free and mildew-free healthy living space. For renters preparing to move, hiring services like vacate cleaning in Perth can also help you in dealing with these issues.

### **1. Control Humidity Levels**

One of the factors that attract mould and mildew is moisture. If the moisture levels inside the space are 60% or more, mould growth is highly likely. To prevent this (the answer is obvious), you need to bring the humidity levels down to at least 30-50%. Use a hygrometer to monitor humidity levels and use a dehumidifier in damp areas like the basement, bathrooms and laundry rooms. Check for any condensation on the windows and walls, as this can indicate if there is excess moisture in a space. Maintain proper ventilation and install exhaust fans for added effectiveness.

### **2. Fix Leaks Promptly**

If there are any leaks in your home, e.g., leaky pipes, roof or windows, they can become sources of excess moisture. Be sure to inspect your home for such leaks and look for areas that may have incurred water damage, like stains on ceilings, walls or floors. If you find any such things, fix the leaks as soon as possible and dry out the affected area thoroughly. Invest in waterproofing solutions for any vulnerable areas to prevent mould growth and also to protect the home from any structural damages.

For those moving out, this step is crucial as mould and mildew can impact your property's conditions. Enlist the help of expert vacate cleaning Perth to ensure proper management of these issues

### **3. Improve Ventilation**

One of the best ways to keep excess moisture at bay is by maintaining good ventilation in your home. For this you can try keeping your windows and doors open during suitable weather conditions to increase air flow. If your property has limited natural ventilation options, consider installing HVAC systems or even air purifiers with HEPA filters, these can help in reducing airborne mould spores. Ensure proper maintenance of such systems, and if you notice any musty smell when the HVAC system is running, it may indicate mould growth in the ducts. So, schedule a professional cleaning for them.

In addition to these, small changes like not pushing furniture or other items directly against the walls can help increase airflow and not create pockets where stagnant air or moisture can thrive.

### **4. Keep Surfaces Dry**

Mould and mildew are very adaptable and can grow on all kinds of surfaces (be it wood, tiles or fabric) if the right moisture conditions are present. So be sure to wipe down any and all surfaces that are prone to moisture accumulation, like the countertops, shower walls, window sills, etc., to prevent build-up of dampness. In areas like the bathroom, squeegeeing the shower after use can help in reducing moisture levels.

### **5. Use Mould-Resistant Products**

If you happen to be renovating or building a home, you may consider using mould-resistant products and materials, like mould-resistant drywall, paints and sealants that are designed to inhibit mould growth. These products may cost you more upfront, but their long-term benefits are far more valuable. Not only will they prevent mould, they'll help in maintaining your health as well as the property value in the long run.

### **6. Regular Cleaning and Inspection**

Once you've gotten rid of the mould and mildew from your property, you need to prevent it from coming back. For this, routine cleaning and maintenance is important. In doing so, pay special attention to the areas that often get overlooked during your cleaning process, like under the sinks, behind appliances and inside the closets.

When you're preparing to vacate the property, thorough cleaning is very important, especially in humid regions like Perth. Engaging with experts who specialise in dealing with vacate cleaning in Perth can help you in ensuring your property is mould and mildew-free before the final inspection day arrives.

### **7. Protect Storage Areas**

Storage spaces like the attics, basements or the garages are spaces where mould and mildew can grow easily. So, be sure to store your items in air-tight containers rather than cardboard boxes and use desiccants like silica gel to control humidity levels in such areas. Try not to over pack your storage spaces as this can limit the airflow in them and create damp conditions. Be sure to routinely check these areas for any signs of mould growth and clean them up promptly when detected.

By being vigilant and consistent in your efforts to maintain ventilation and humidity levels in your home, you'll be able to prevent your home from becoming a breeding ground for these pests. Take these necessary steps today to get rid of mould and mildew from your home

## 7. Conclusion

In conclusion, creating a healthier home in Perth is all about making mindful choices that enhance well-being and sustainability. By improving air quality, using eco-friendly products, and ensuring proper ventilation, you can create a safe and comfortable living space. Perth's climate requires special attention to moisture control and energy efficiency, making smart home upgrades essential. Regular cleaning, sustainable materials, and toxin-free solutions contribute to a healthier lifestyle for you and your family. With these simple yet effective steps, you can transform your home into a sanctuary of wellness, ensuring long-term comfort and health in the beautiful city of Perth.

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