

GUIDE TO

Protecting Yourself From Allergies at Home



BY MARK - THE UNIVERSITY OF SYDNEY

Abstract

Protecting yourself from allergies at home is crucial, especially in a city like Sydney where pollen, dust, and mould levels can fluctuate with the seasons. Allergens can trigger symptoms such as sneezing, coughing, watery eyes, and breathing difficulties, affecting your overall well-being and daily comfort. By maintaining a clean, allergen-free home, you create a healthier environment for yourself and your family. Simple actions like regular vacuuming, washing bedding, controlling humidity, and using air purifiers can make a big difference. In Sydney's diverse climate, taking preventive steps ensures your home remains a safe and comfortable space, free from common allergy triggers.

1. Introduction

Living in Sydney, where seasonal pollen, coastal humidity, and urban dust are common, protecting yourself from allergies at home is more important than ever. Allergens can easily build up indoors, triggering symptoms like sneezing, itchy eyes, and asthma, especially for sensitive individuals. Your home should be a sanctuary—not a source of discomfort. This guide will help you identify hidden allergy triggers and provide practical tips to reduce or eliminate them. From improving air quality to choosing allergy-friendly furnishings and cleaning habits, you'll discover simple yet effective ways to create a healthier, allergy-safe living space in your Sydney home.

2. These Habits Could be Making Your Allergies Worse at Home

It's that time of year again. You're coughing and sneezing. Your eyes are itchy and watery. Unfortunately, it's allergy season. If you feel like your symptoms are taking over your life right now, know you aren't alone. But you should also know that allergies don't come out of nowhere—and you could inadvertently be making yours worse if you aren't careful. Here are nine habits that could be exacerbating your allergies at home.

You Keep Your Windows Open

Sure a breeze feels nice, but is it worth a stuffy nose or itchy eyes? According to allergist-immunologist Jason Bellak, MD, the answer is no. "Although your house may feel a bit stuffy after being closed up all winter, resist the urge to throw open your windows for a breath of fresh air," he says.

Leaving your windows open invites allergens like pollen into your home. Miss the breeze? Bellak recommends running your air conditioner or a fan instead.

You Aren't Using an Air Purifier With a HEPA Filter

Dr. Bellak tells me even if you're careful to keep windows and doors closed, allergens can still sneak into your home. "Invest in High-Efficiency Particulate Air (HEPA) filters for an air cleaner for a single room," he says. "Check to see that the filter has a CADR (clean air delivery rate) that matches the size of the room where it will be used."

But don't just set it and forget it. You still need to change out the filters every three months.



You Wear Outdoor Clothing Indoors

Want to stop allergens in their tracks? Change your clothing right at the door when you get home. "Pollen and other allergens can stick to your clothing, shoes, hats, and other accessories," Dr. Bellak says. "As soon as you get home, ditch your outside clothes for a clean, pollen-free outfit."

But don't just throw your clothing on the floor. Take your outfit to the laundry room or toss things in the washer as soon as possible. Anything that needs to go to the dry cleaner should be kept in a separate bag.

You Aren't Showering at Night

Need an excuse for a little self-care? Your allergies are an excellent reason to add a shower to your nightly routine. "If you don't shower at night, it may be time to consider a switch," Dr. Bellak says. "Rinsing off before bed can wash away allergens that cling to your hair, face, and body throughout the day. It will also prevent you from transferring pollen to your pillow and bed."

You might even find showering before bed helps improve your sleep.

There's Too Much Carpeting or Fabric in Your Room

We all want to make our bedrooms ultra cozy, and for many of us that means filling them with plush pillows and soft rugs under foot. But, this could backfire when it comes to keeping allergy symptoms at bay. As Dr. Bellak explains, dust mites—which are a common allergen for many—can be found in mattresses, pillows, bedding, carpets, rugs, blankets, and more. Basically all the stuff that keeps us comfy at home can also be home to lots of irritating dust mites.

To resolve the issue, one option would be to cut back on some of the plush stuff in your home—and especially in your bedroom. This might mean ripping up the carpet and replacing it with hard flooring

or simply cutting back on throw pillows. Cleaning or washing these items more often or investing in dust mite covers for your mattress and sleeping pillows can also help limit your exposure to allergens.

Vacuuming Isn't Part of Your Weekly Routine

If you get too busy to vacuum, it's essentially an open invitation for allergens to stick around at your house like a guest that's overstaying their welcome. Dr. Bellak suggests vacuuming weekly—or more often, if you have pets—to kick those allergens out.

There Are Pets in Your Bed

While it's nice to snuggle up with your furry friends—that scratchy allergy throat can be a hard trade-off. "Dogs, cats, and other furred pets, including rabbits, gerbils, and hamsters, should be kept out of the bedroom," Dr. Bellak says. "Keep the bedrooms as allergen-free as possible. You may not be allergic to your furry family member, but, if the pet goes outside, your pet may bring in allergens from the outside."

He also advises scheduling monthly grooming sessions to keep your pets extra clean and allergen-free.

You Don't Know What You're Allergic To

If you don't know what you're allergic to, it's hard to figure out the source on your own. So, it's a smart idea to go to an allergist for testing. "A board-certified allergist can help take the guesswork out of allergy management so you can better avoid allergy triggers," he says. "Also, be aware of when allergy season starts in your region. Check the internet for the specifics of pollen levels near you".

3. Why Does Carpet Cause Allergies in Some People?

Carpets can harbor allergens like dust mites, pet dander and mold spores, which are common triggers for indoor allergies.

Dust mites produce waste that is highly allergenic and difficult to remove through regular cleaning, affecting millions of people in Sydney.

Other allergens such as pollen and outdoor dust are also brought indoors and trapped by carpet fibers, exacerbating allergy symptoms.

Every day, when you get home from work, you shed your shoes and jacket, and plop down next to the TV on your comfy shag carpet. Before you can exhale the stresses of the day, you go into a sneezing frenzy. Come to think of it, whenever the couple across the street comes over for dinner, your buddy joins you in a coughing fit while his wife looks bewildered at the two of you. What's going on?

The culprit is most likely right under your nose. Or your feet. Carpet is a virtual magnet for allergens like dust mites, pet dander, mold spores and other potentially aggravating proteins. Allergens are antigens, typically proteins, that provoke allergic reactions like coughing and sneezing in people with hypersensitive immune systems. Allergies can be triggered by many things found in your home such as carpet, which may contain 100 times more allergens than hard floors.

The Carpet and Rug Institute (CRI) defends its product, claiming that carpet fibers actually trap allergy-provoking substances like dust and pollen and prevent them from circulating in the air where you're more likely to encounter them. While this may be true for those of us blessed with more tolerant

immune systems, medical professionals often advise people with severe allergies to remove wall-to-wall carpeting.



The Asthma and Allergy Foundation of Sydney agrees with the CRI: There are indeed more allergens on surfaces than in the air, but, the organization adds, the slightest movement can disturb them. That means that whenever you sit on that shag carpet, you're sending all those allergens airborne where they can circulate for several hours.

Allergens trapped in carpet are especially troubling for families with small children. Children's immune systems are more sensitive to foreign substances like the ones found in carpet, and they spend a lot of their time closer to the ground. So while a 6-foot-9-inch (2.1 meter) basketball player might not worry that 1 square meter (11 square feet) of carpet can average 67 grams (2 ounces) of dust, your crawling child might object. In fact, an infant could end up swallowing 10 grams (0.4 ounces) of that dust daily [source: Green Guide]. That's approximately three saltine crackers worth. Yuck.

Carpet Allergens: Mites, Mold and More

Just about anything can find its way into the welcoming fibers of your carpet. Dust mites and pet dander are two major sources of some of the most aggravating allergens, but other irritants such as dust, mold, dirt and pollen tracked in from outdoors regularly build up as well.

If you have a persistent allergy, then you're probably no stranger to dust mites. These microscopic arthropods may be the most common cause of year-round allergies. According to the Asthma and Allergy Foundation of Sydney, more than 20 million people in Sydney are allergic to these little buggers. Technically, the dust mite's waste is the actual allergen, and they emit impressive amounts of it. Dust mites produce up to 200 times their body weight in waste each day.

Dust mites hide deep in carpeting, bedding and furniture, especially in warm, humid environments. Regular cleaning is no match for them either: 95 percent may remain even after vacuuming.

Cuter than dust mites, but perhaps no less aggravating to your allergies are Fido and Fifi. Your dog and cat, precious as they are, provoke allergies in 15 percent to 30 percent of people with allergies.

Their saliva, urine and other secretions contain proteins that are potential allergens, while their hair often traps dust, fleas and pollen that gets lodged in carpeting when the animals shed. The dead skin, or dander, of our furry friends also collects on surfaces like carpet. Pet allergens are especially problematic because they're sticky and cling to surfaces, and when they're disturbed, they hang out in the air for a long time. Even people who don't own pets get exposed to pet dander because it hitchhikes on clothing.

Aside from dust mites and man's best friends, mold can be another common cause of indoor allergies. High humidity, spills that aren't cleaned up and leaky ceilings (or dogs) can all contribute to mold growth. Even shampooing or damp cleaning your carpet can promote the spread of mold and mildew if you don't dry it thoroughly. Whenever the source of the mold is disturbed, the spores are dispersed throughout the air.

Carpet Allergy Solutions: Carpet Removal, Vacuuming and Cleaning

You've established that your lovely, cozy carpet is making you sneeze. What can you do, aside from ripping it out and starting over with hardwood floors? Unfortunately, if you have severe allergies, this may be your best and only option, according to the Asthma and Allergy Foundation of Sydney. If your allergies are less severe, you have a few alternatives to this spartan approach.

First, if you insist on carpet but haven't picked it out yet, do your allergies a favor by choosing one with a short, tight weave rather than long, loose fibers. The shorter the carpet fibers and the more tightly woven they are, the less inviting the carpet will be to allergens and the easier it will be to clean. Alternatively, you can select smaller machine-washable rag rugs or carpet tiles that can be washed in the hot water necessary to kill mites and other allergens.

If you're stuck with your current carpet, you can still try a few remedies to ease the sneeze. You probably already know that vacuuming is a good place to start. But what you may not realize is that there's actually a right and a wrong way to vacuum. Wrong: cursorily going over the carpet a few times a month with the model you inherited from your grandmother. Right: investing in a model with tight connections (to prevent allergens from escaping) and a built-in HEPA filter and vacuuming thoroughly one to two times a week. (A high-efficiency particulate air filter is designed to remove 99.97 percent of airborne particles.) If you have severe allergies, try to hand off vacuum duty to someone who doesn't or wear a dust mask.

Beyond vacuuming your carpet thoroughly and regularly, you should also have it professionally cleaned with either steam cleaning or dry cleaning every six months. Make sure it dries completely afterward so the dampness won't attract mold or mites. Cleaning up any spills promptly will also help to prevent the growth of mold. Another step you can take to reduce carpet allergens is to request that visitors entering your home remove their shoes to keep from bringing in foreign substances.

4. How To Make Your Home Allergy-Free And Eco-Friendly

If it feels like it's the worst allergy season yet, it's because it is. A recent study in the journal *Lancet Planetary Health* found that both airborne pollen counts and pollen season duration have increased as temperatures have climbed over the past 20 years. While controlling the atmosphere is impossible, there are many efforts we can make to live in a home that is less triggering of allergies and easier on our respiratory systems.

If you're feeling the symptoms of seasonal allergies, Dr. Wright suggests making an appointment with a healthcare provider to get an allergy test before doing anything else. "Every spring millions of people seek allergy relief through over-the-counter drugs without really knowing their diagnosis," she says. "But we've seen firsthand how life-changing it can be when you finally know what's causing those problems with breathing, itching, rashes, or congestion. Once you have that information, and you know that dust, pollen or something else is causing the problem, you can employ strategies to avoid it."



Buy An Air Purifier

Buying a state-of-the-art air purifier like the Molekule requires the least amount of effort and is worth the investment in your health. Recommended by expert biohacker, Luke Storey, this appliance is truly "form meets function." It's the first air purifier to use Photo Electro-Chemical Oxidation (PECO) technology to destroy allergens on a microscopic level. Another bonus is that the aesthetic design of it is just as brilliant as the technology behind it. The Molekule is also portable, made from aluminum and unobtrusively fits into any interior design scheme.

Edit Your Home

The first step to having a less toxic home is to get rid of clutter, furniture and decor that attracts dust. This doesn't mean you need to have an entirely empty space, but consider removing any excessive items during peak allergy seasons. If you don't want to throw things out or give away items, consider switching up your accessories seasonally and refresh periodically.

Get Real About Chemicals

Erica Reiner of Eco Method Interiors specializes in designing health and eco-friendly homes and businesses. Her approach is to avoid products with chemicals as much as possible. "Unfortunately our country doesn't have protective laws banning chemicals that are harmful to us through everyday products and the home goods industry is no different."

It's unrealistic for most people to steer clear of absolutely everything that could potentially be harmful. So, she generally recommends avoiding anything with AZO dyes, softeners or fire retardants, PVC, phthalates, and VOCs. But to simplify, a good rule of thumb is to avoid home furnishings made with synthetic materials and choose items that are certified by third parties as non-harmful.

“Look for things made with natural fibers that are grown and not made, see if they’re made responsibly and have a certification as such, see if they are free from AZO dyes and have low impact dyes instead,” she says.

Choose Less Toxic Furniture

Safe furniture is easier to find than you might believe. Pottery Barn’s Comfort Eco Roll Arm Slip Covered Sofa is Greenguard Gold Certified. Six different covers and several customizable styles are available. This is a soft, comfortable piece of furniture that will look beautiful in contemporary or traditional homes.

Another option is Cisco Brothers. They have an entire line that is better for both people and the environment with everything from sofas to chairs, ottomans and even beds.

Switch Out Your Window Treatments

If you are allergic to dust, avoid fabric curtains because they are dust collectors. Reiner also suggests avoiding faux wood and PVC blinds. Swap them out for bamboo or wood window treatments instead. The Shade Store has many sophisticated, eco-friendly options and they will even measure your space at no cost.

Get Rid Of Carpeting

If you’re building a new home or renovating, allergy sufferers should avoid carpeting. Reiner says cork flooring is the best for allergy sufferers because it’s both naturally antimicrobial and fire retardant.

But if you must install carpeting, she says, “100% wool is a great option.” Choosing carpet squares instead of traditional wall-to-wall carpeting. “With tiles, you can just replace one small area as it wears over the long term.”

Buy A Good Vacuum Cleaner

A good vacuum cleaner is a necessity no matter what kind of flooring or furniture you have. The new Dyson V11 is a must-have for any home, but it's particularly essential for renters or homeowners who may be stuck with carpeting. This stick model has twice the suction of any cordless vacuum for a truly deep clean, capturing over 99% of microscopic dust particles. It even automatically adjusts for all type of flooring, so the settings don't need to be changed as you clean. There are even a variety of tools to clean every surface from upholstery to crevices, for dusting, etc.

Prevent Mold Before It Starts

Mold can happen at any time of the year. Both Dr. Wright and Reiner suggest using a dehumidifier in low ventilation areas of the home like basements.

Bathrooms without windows or adequate ventilation can be breeding grounds for mold and mildew, especially on towels. A heated towel rack like Amba’s Radiant Wall Mount Electric Towel Warmer doesn’t only inhibit the growth of mold and mildew on towels, but it makes a very sleek addition to any bathroom.

Change Your Bedding

Look for Oeko-Tex certified bedding, which is certified free of dyes and synthetic chemicals such as My Sheets Rock. This is a new brand of sheets made from 100% bamboo rayon. This fabric wicks away moisture and minimizes odors. It also maintains an average lower temperature (four degrees cooler)

and with 50% less humidity than most sheets. So they are ideal for people who get sweaty at night. Even better, they feel soft as silk.

Cover Your Pillows, Mattresses And Box Springs

Using anti-allergy covers for your pillows, mattresses and box springs is an easy fix. It also extends the life of your linens. Make sure both the mattress cover and pillow covers have zippered closures for complete protection.

Avoid Irritants In Your Laundry Detergent

Dr. Wright recommends washing your sheets in hot water, “130 degrees and up is best to kill dust mites” she says.

It’s also ideal to avoid heavily perfumed and chemically formulated detergent. Brooke & Nora At Home is a new line of goat milk based laundry products. The powdered formula dissolves easily and is free of harsh chemicals. The line even has dryer balls, which are a great alternative to synthetic dryer sheets as well as essential oils and a stain stick.

5. How to Get Rid of Dust Mites for an Allergen-Free Home



Where do these unwanted pests come from? Learn quick and easy ways to get rid of dust mites in your home.

Dust mites are unwelcome guests for anyone, but they are particularly brutal for people with allergies. Fortunately, there are plenty of tips for how to get rid of dust mites. A few household changes and sticking to a cleaning schedule can help you get a handle on the problem right away. And if you’re prone to sneezing, here are the best cleaning products for people with allergies.

Taking simple steps to help eliminate these pesky creatures can drastically improve your allergy symptoms. “While dust mites themselves are not harmful to most people, their feces can trigger allergic reactions in those who suffer from allergies and asthma,” says Martin Seeley, CEO and sleep expert at MattressNextDay. “This includes respiratory problems and skin irritation, and in a worst-case scenario, they can even compromise a person’s immune system.”

What are dust mites?

Invisible to the naked eye, dust mites are microscopic creatures that thrive in warm and humid environments. According to Lauren Doss, owner of Nashville Maids, “dust mites appear in many homes, especially where there is high humidity and lots of dust.” In other words, basically everyone has at least some dust mites in their home—particularly since dust mites consume dust and dead skin flakes (shed by people and their pets).

What do dust mites look like?

You can’t see dust mites without a microscope. But if you could see them (or conveniently have a microscope on hand), they are oval and have eight legs. “They are translucent and have a white or cream color, which also makes them difficult to see against a light background,” Seeley points out.

Where do dust mites come from?

Dust mites get into the house in a variety of ways. “This includes through ventilation systems, on clothes or furniture, or even on pets,” Doss says. “They thrive in warm and humid environments, so it is important to keep your home dry and dust-free to reduce their presence.”

How do I know if I have dust mites?

One sign of dust mites could simply be your body’s reaction to them in the form of allergy symptoms. “Symptoms that readers should look out for include sneezing, coughing, runny nose, itchy and watery eyes and difficulty breathing,” says Doss. “Dust mites are allergens because they produce proteins in their droppings and bodies, which can cause an allergic reaction when inhaled.” As you begin to react to these allergens, your body releases histamine, a chemical that leads to allergic symptoms such as itching and sneezing.

How to get rid of dust mites?

Despite their size, dust mites can inhabit nearly every surface where people tend to spend a lot of time. Beds and mattresses—plus carpets and upholstered furniture—are just some of the usual suspects hosting dust mites. Here’s what to do about it.

Vacuum regularly

Many people might not know that dust mites come into the home on clothing or shoes. So vacuuming the floors where dust mites can congregate is a great place to start. “Vacuum carpets and upholstered furniture at least once a week,” says Fleming. This will prevent the buildup of both dust and dust mites inside your home. “But be sure to use a vacuum with a HEPA filter,” he adds.

HEPA stands for “high-efficiency particulate air,” and a vacuum with a HEPA filter can trap many very small particles better than other vacuums. “You should also remember to vacuum under your bed, as this is another dust-mite hotspot,” says Seeley. If you’re in the market for a new floor sweeper, try one of these dependable vacuum cleaners.

Wash your bedding

Dust mites consume dust, much of which contains human skin. So what better place for the dust mites to hang out than between the sheets? Fleming suggests washing bed sheets in hot water at 130 degrees once a week to ensure you’ve removed all dust mites from the bed’s surface. To be extra careful, also dry your bedding on high heat (always check your sheets special care instructions). All this

extra heat will kill the dust mites. While you're at it, consider cleaning other cloth you regularly come into contact with, like bath towels.



Reduce humidity

Because dust mites thrive in high humidity, make your home a less tempting environment for them by decreasing your humidity levels. Doss recommends keeping it between 35% and 50%. Chris Matthias, founder of House Adorable, recommends using a dehumidifier, as this device will remove moisture from the air. "It is nearly impossible to completely eliminate dust mites, as they are a natural part of our environment," he says.

Protect mattresses and pillows

"Using dust mite covers on mattresses and pillows creates a barrier between the dust mites and the person sleeping on the bed, reducing allergen exposure," says Fleming. Keeping a barrier between skin and potential dust mites will help keep those with allergies unaffected by the dust mites. Opt for hypoallergenic covers or a mattress protector.

Reconsider your carpeting

Instead, choose hardwood or tile floors. While "vacuuming helps to remove dust mites from carpets," Doss says harder floors are better. With all their porous surfaces, carpets can house dust mites quite easily. "So avoid carpets and rugs if possible," she says. Not to mention, it can be much easier to clean hardwood floors.

Get rid of clutter

Since dust accumulates in even the oddest of crevices, it's wise to reduce dust-collecting clutter. "Limit the amount of clutter and dust collectors in your home, such as books, magazines and stuffed animals," says Doss. And once you've gotten rid of the extra stuff, make sure to clean all those nooks and crannies you've uncovered.

Lower room temperatures

While not always ideal for people who tend to feel cold, retaining a cool temperature—less than 68 degrees—in your home will keep dust mites from multiplying. Keeping the environment unwelcoming helps keep their numbers low enough that they can't spread, says Matthias.

6. Say Goodbye to Germs: 10 Household Areas to Steam Clean

Steam cleaning is one of the most sustainable and effective ways to sterilize various spots in a living space. Initially, this method was used within railways, truck and ship engines to remove oil, grease, grime and adhesive substances from machinery. With the constant evolution of technology and awareness of green cleaning practices, steam cleaners have become an inseparable part of household sterilization.

It is one of the feasible alternatives to store-bought chemical cleaning products as it uses hot water to produce steam for effective stain removal. This means you no longer need hazardous chemicals to achieve spotless premises, especially when moving out of your rental property. Even professionals come equipped with a sturdy steam cleaner or mop for an expert end-of-lease cleaning Sydney.

Besides tackling stains and grime, steam cleaning can eradicate lethal germs, mould and bacteria from the following 10 household areas—fabric, floors, tiles, hardwood-etc. Make sure you invest in a high-quality machine, featuring high-temperature steam, variable steam control, multiple attachments and spacious water tanks, for effective and efficient results.

Let's Get Started!

1. Carpets and Rugs: Banish Germs & Mould

Delicate floor coverings tend to collect pet dander, dust mites and allergens, creating a perfect environment for germ infestation. Using regular cleaning methods with chemicals can cause discoloration or dullness. Instead, use the power of steam cleaning to freshen up your carpets and rugs.

First things first! Remove everything from the flooring, including tables, chairs and other furniture. Tackle loose dirt and grime using a HEPA filtered vacuum machine or simply run a vacuum cleaner. It can effectively remove pet stains from the surface and kill e-coli, mould and other allergens trapped into the carpet fibers. As this method doesn't contain harsh chemicals, it can revamp your floor coverings, making them look shiny again.

Tip: Pre-treat stains and affected area with white vinegar and warm water solution.

2. Tile & Grout: Achieve Spotless Shine

Everyday cleaning of tiled surfaces becomes a breeze with a sturdy steam cleaner. The steam produced from hot water effectively disinfects the tiled surfaces without leaving gunk behind.

While chemical cleaning products leave a toxic residue behind that causes health hazards, steam cleaning effectively lifts soap scum, grime, grease and lurking bacteria in no time.



The best part is that you can sterile dirt-laden grout lines without intensive scrubbing and elbow-grease. The steam loosens the stuck-on grime and fungi from the tiniest areas and leave shiny results like a pro.

3. Revamp Upholstery Furniture

Harmful germs can linger deep inside your couch, sofa and other upholstered furniture pieces due to daily wear and tear. This can cause various health hazards and even trigger your allergens. If you want to banish grime and bacteria from couch while restoring their shine, steam cleaning is the right choice for you. Professional end of lease cleaning Sydney experts always consider the following tips for great outcomes:

Read the care instructions or label to know the type of fabric and an appropriate cleaning method.

Do a spot test to ensure it is safe

Remove embedded dust and grime using a steam cleaner. Cover nooks and crannies

Pre treat the couch using baking soda and run the steamer again to kill germs

This will retrieve the original shine of your upholstery.

4. De-Grease and Disinfect Your Oven

Over time, your much-loved kitchen appliance can accumulate layers of build-up grease, oil splatters and grime. This can harbour lethal germs that can cause foodborne illnesses if left untreated. To simplify the process, attach the large nylon brush attachment to your steam cleaner and gently scrub the surface to dislodge grime and gunk.

You can also use baking soda and vinegar solution for stubborn stains. Later, wipe it away with a damp cloth to retrieve its shiny appearance. Isn't it amazing?

5. Tackle Filthy Sinks

Kitchen and bathroom sinks are the breeding ground for lethal germs, such as e.Coli, Salmonella, etc. Ensure you thoroughly clean and disinfect sink, drains and faucets to prevent the spread of illnesses in your home. These areas often collect gunk along the edges and bottom.

Use a steam cleaner with a small brush attachment to scrub the gunk and grime away. Gently scrub it over your faucets to keep them look as shiny as new.

6. Kill Dust Mites From Your Mattress

Mattresses tend to harbour dust mites, dead skin cells, sweat and pet dander, leading to high chances of sickness and allergies. However, steam cleaning is one of the best ways to clean and disinfect heavy-sized mattress. The high-temperature loosens the embedded dust particles, mites and germs while removing stains and leaving the surface fresh, clean and odour free.

7. Kid's Toys and Crib

Do you have toddlers or growing kids at home? They have sensitive immune systems than adults, meaning more vulnerable to infections caused by germs and bacteria. Instead of using store-bought disinfecting wipes, regularly clean your kid's toys and crib using a steam cleaning method.

Also, prevent them from chewing their toys as microbes can transform from one place to another in milliseconds.

8. Windows and Sliding Door Tracks

Believe it or not! Steam cleaning can effectively remove stains and kill lingering germs from your windows, glass surface and sliding door tracks. The hot water steam can dislodge fingerprints and stains without leaving any signs behind. It won't even scratch the glass surface and can easily reach tight sliding door tracks in no time.

Tip: Grab a rubber squeegee attachment to achieve streak-free results.

9. Bathroom Fixtures and Fittings

Your bathroom is a breeding ground for lethal germs and bacteria due to dirt and condensation. Luckily, steam cleaning brings the lost shine back to your shower head, bathtub, faucets, counters and a toilet. You can save hours of elbow grease with this smart steam cleaner and secure the hard earned bond money. You can also hire experts for a quality end of lease cleaning Sydney and pass your rental inspection.

10. Clean and Disinfect Floors

This is the most obvious household areas when cleaning with a steam cleaner. Whether you have a hardwood floor, laminate or tile, steam cleaning can effectively remove stains and germs from your floors without leaving scratches behind. It can instantly uplift the hygiene standards of your abode while conserving water on regular basis.

Nothing is more versatile and effective than a steam cleaning technique for maintaining a clean and hygienic home environment. This guide will help you say goodbye to lingering germs and bacteria from these 10 household areas and protect your family from e.Coli, Salmonella, norovirus, bad odours and gunk without producing toxic fumes. Enjoy a Positive, Harmonious and Germ-free Abode!

7. Conclusion

In conclusion, taking proactive steps to protect yourself from allergies at home is essential, especially in a vibrant city like Sydney where environmental allergens are often present year-round. By maintaining a clean and well-ventilated living space, using hypoallergenic materials, and following simple daily habits, you can significantly reduce allergy symptoms and improve your overall quality of life. Whether you're dealing with pollen in spring or dust mites in winter, staying informed and making small changes can make a big difference. Create a healthier, more comfortable home in Sydney by following these practical tips and enjoy the peace of mind you deserve.

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