

Building a Hygiene-Friendly Lifestyle



ABSTRACT

A hygiene-friendly lifestyle is the foundation of good health, well-being, and productivity. By adopting simple practices like regular cleaning, personal hygiene, safe food handling, and mindful waste management, individuals can reduce the risk of infections and create healthier living spaces. This guide outlines the importance of hygiene in daily routines and provides practical ways to build long-term habits for a cleaner, safer, and more sustainable lifestyle.

INTRODUCTION

Hygiene plays a vital role in shaping our overall quality of life. From preventing illnesses to improving mental clarity, clean surroundings and healthy routines contribute to both physical and emotional wellness. In today's fast-paced world, maintaining hygiene is not just about personal care—it extends to homes, workplaces, and communities. Building a hygiene-friendly lifestyle means adopting mindful practices that promote cleanliness, reduce contamination, and encourage healthier living standards.

I. 5 Ways to Make Your Home a Healthier Place to Live

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. “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.

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.

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.

II. Personal hygiene

What is personal hygiene?

Good personal hygiene is about keeping your body clean. It also helps to protect you from getting infections such as gastroenteritis, colds and flu and COVID-19. Washing your hands with soap removes germs that can make you ill. Having good personal hygiene will also help prevent you from spreading diseases to other people.



Personal hygiene includes:

- cleaning your body every day
- washing your hands with soap and water after going to the toilet
- brushing and flossing your teeth twice a day
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
- washing your hands after handling pets and other animals

Why is personal hygiene important?

Good personal hygiene is vital because it helps stop you from getting sick. It also helps stop you from spreading germs and infectious diseases. The germs that cause many diseases can be passed on by:

- touching other people
- getting faeces (poo) or other body fluids on your hands
- handling contaminated food
- coming into contact with dirty surfaces or objects

Conditions that you can develop if you have poor personal hygiene include:

- COVID-19 and other infectious diseases
- diarrhoea, especially gastroenteritis
- respiratory infections, including colds and flu
- scabies
- staph infections
- tinea or athlete's foot

When should I wash my hands?

Washing your hands often is a good way to stop the germs on your hands from making you sick. It is important to wash your hands after going to the toilet. Also, wash your hands:



- when they are obviously dirty
- after touching rubbish, dirty surfaces or objects
- before and after preparing or eating food
- after blowing your nose
- after handling pets or animals
- after changing a baby's nappy

How do I wash my hands?

To avoid getting sick, wash your hands properly.

- Wet your hands with clean water.
- Apply enough soap to cover all surfaces of your hands.
- Rub your hands together for at least 20 seconds.
- Clean between your fingers and the backs of your hands.
- Clean dirty fingernails with a nail brush.
- Rinse both sides of your hands with clean water.



Period hygiene

Good hygiene practices during menstruation (your period) can help:

- stop infections
- reduce odours
- you stay comfortable

You can use many types of products to absorb or collect blood during your period, such as:

- sanitary pads
- tampons
- menstrual cups
- menstrual discs
- period underwear

Wash your hands before and after using the bathroom. Also wash your hands before and after changing a tampon, pad or menstrual cup.

Preventing body odour

The simplest way to get rid of body odour (BO) is to shower or bath regularly. This gets rid of the bacteria on your skin. Using soap when you wash helps to control the naturally occurring bacteria.

After washing, make sure that you dry yourself well. Apply deodorant to your armpits. Deodorants help make your armpits less friendly to bacteria and hide odours. Antiperspirants help block your sweat glands to reduce sweating.

Preventing tooth decay and bad breath

Bad breath can be caused by poor oral hygiene. You can help prevent tooth decay and improve your oral hygiene by:

- brushing your teeth twice a day with a soft toothbrush and fluoride toothpaste
- cleaning between your teeth with dental floss or interdental brushes every day
- having regular dental check-ups



III. Sustainable Practices You Can Do at Home

When we look at climate challenges on a global scale, it can seem like our daily actions are insignificant. But really, every choice we make matters. Each household in the United States drives up global greenhouse gas emissions through the use of energy, food, water, clothing and other resources. If we all took action to live more sustainably, imagine the impact we could have on the planet!

If you want to make this world a better place for you and future generations, adopting sustainability practices at home is a great place to start. Whether it's planting a sustainable garden or switching to low-waste products, there are plenty of easy steps you can take to reduce your carbon footprint and live a more sustainable lifestyle.

1. Avoid Disposable Items

Disposable items, while convenient, are terrible for the environment. On-the-go coffee cups, plastic bottles, takeout utensils and other single-use products generate an enormous amount of waste and require a lot of resources to produce, manufacture and recycle.



- Swap single-use cotton rounds and makeup wipes with reusable cotton rounds.
- Swap disposable plastic straws with easy-to-clean stainless steel straws.
- Swap paper napkins with cloth napkins.
- Swap to-go coffee cups with reusable coffee mugs.
- Swap plastic wrap with reusable silicone bowl covers.

2. Reduce Your Food Waste

Did you know that it **takes up to 25 years** for a head of lettuce to decompose in a landfill? When our organic waste gets dumped in a landfill, it breaks down anaerobically (meaning, without oxygen) and releases methane, a gas that is 80

times more powerful than carbon dioxide. Some ways to reduce your food waste include:

- Check the contents of your refrigerator and pantry before you shop.
- Make a grocery list and stick to it. If you're shopping for multiple family members, consider using a shared grocery app like AnyList or Out of Milk to avoid buying duplicates.
- Buy foods that are in season. (Seasonal produce tastes better and doesn't go bad as quickly.)
- Repurpose food scraps (e.g., use citrus peels to make a DIY household cleaner).

3. Make Your Own Cleaning Products

Most cleaning products come packaged in plastic and contain a slew of controversial ingredients that are potentially harmful to your health and the environment. Ammonia, for example, has been linked to all sorts of adverse health reactions and is a major source of nitrogen pollution.

Instructions:

- Fill a Mason jar with vinegar about two-thirds of the way full.
- Add citrus peels and let them infuse for three to four weeks.
- Strain out the citrus peels and fill a spray bottle with one part water, one part citrus-infused vinegar.

4. Grow a Sustainable Garden

Commercial farming usually involves a ton of pesticides and synthetic fertilizers, which aren't good for our health or the planet. Why not grow your own food instead? With a backyard garden, you have complete control over what goes on your plants and into the soil.



5. Buy Products with Less Packaging

We've all heard the scary statistics about plastic, like how there will be more plastic than fish in our oceans by 2050. But did you know that product packaging is a major contributor to plastic waste? In fact, about 40 percent of all plastic produced is packaging, according to *National Geographic*.

A simple step you can take to reduce your packaging waste is by opting for sustainable products with plastic-free packaging, such as shampoo bars (and conditioner bars). These nutrient-dense bars are great for all hair types and are super low waste, replacing two to three plastic bottles that would otherwise go to a landfill. Plus, they don't contain harmful ingredients that get into our waterways when they go down the drain.

6. Recycle Properly

Many people don't realize the importance of recycling. Beyond reducing the amount of waste sent to landfills, recycling prevents pollution, saves energy and helps in the conservation of valuable resources. But if you're tossing items into a recycling bin without checking if they can actually be recycled (aka, "wishcycling"), you could be doing our planet more harm than good.

- Learn about the basics of recycling from the EPA.
- Check with your local recycling program to see which items they accept.
- Sort through your recycle bin to ensure that items aren't contaminated.
- Educate your friends and family on how to recycle properly.

- Whenever possible, compost your organic materials!

7. Take Meat Off the Menu

Taking meat off the menu is one of the best things you can do for the environment. In fact, a recent study found that if Americans ate a plant-based diet 50 percent of the time, we could reduce diet-related greenhouse gas emissions by 35 percent.

- If you come from a meat-loving family, start small by taking meat off the menu one to two nights a week.
- When you decide to eat meat, shrink your portions.
- Follow vegan Instagram accounts for delicious, plant-based meal ideas.

8. Buy Less, Buy Better

Our spending habits can have a devastating effect on the planet and its inhabitants. Indeed, most people inadvertently support companies that contribute to plastic pollution, habitat destruction, animal cruelty and unfair wages. Here are some ways you can become a more conscious consumer and start voting with your dollars:

- Think before you buy. Do you really need that item? Or do you just want it because it's shiny and new?
- Reduce your consumption and waste by choosing multipurpose items (e.g., a cream blush that doubles as a lipstick).
- Buy from brands that support sustainability and ethical behavior.
- Invest in pieces that are made to last.

IV. Is There A Right Order To Clean A House?

Cleaning an entire house can be tedious and time-consuming without a proper plan. Whether it's about de-greasing kitchen surfaces or de-scaling bathroom tiles and fixtures, you need a well-structured approach to streamline the entire process without creating chaos. Luckily, an organised house clean-up session with the right tools and supplies can save time and energy, especially for working professionals in Melbourne, Victoria.



Understanding how and where to begin when tackling dirt, dust, grime, and gunk makes a huge difference. This becomes even more imperative when preparing your rental property for the final inspection before the tenancy ends. Highly-trained end of lease cleaning Melbourne professionals also follow a pre-approved cleaning checklist to deliver spotless results efficiently.

So, yes, there is a right order to clean a house, and we are sharing a complete guide to help you maintain a sterile and hygienic abode all day long. Ensure you stock up on all the necessary cleaning supplies like microfiber cloths, dusters, a vacuum cleaner, a steam cleaner, DIY cleaning agents, etc, to eliminate gunk and grease like a pro.

1. The Importance of Attaining a Right Cleaning Order

Step-by-step cleaning has varied benefits that are explained below:

- **Time-Saving:** A well-structured cleaning plan can help you save time by preventing you from re-cleaning areas. For instance, dusting top surfaces first and then moving down towards windows and floors deliver time-efficient cleaning results.
- **Attention-to-Detail Cleaning:** Breaking down cleaning tasks into manageable and organised steps can help you clean every nook and cranny with perfection, leaving no signs of dirt behind.
- **Maintains Consistency:** A regular house cleaning routine with the right order can help you foster consistency without a hint of stress.

2. Begin With Decluttering Your Space

Before you tackle loose dirt particles and stubborn stains, focus on de-cluttering your room. Removing unwanted items and returning them to their designated areas can save you a lot of cleaning time. Remove unwanted items from the floor, couch, and bed before mopping or vacuuming the surface.

When surfaces are clear, you can easily eliminate grime, gunk and stains without any distraction. It is good to place a donation basket for items you no longer need. You can empty your fridge and donate food as well to help underprivileged people in your area. Also, use storage solutions like bins and baskets in all rooms to keep everything organised. These small things can make a huge difference in maintaining a clean and hygienic abode in Melbourne.

3. Dust From Top-To-Bottom

Dusting should be at the top of your cleaning order, even before tackling stubborn stains and mould. Firstly, get rid of loose or accumulated dust from hard surfaces to increase your cleaning efficiency. End of lease cleaning Melbourne experts recommend a top-to-bottom dusting approach as it can help you address most neglected area with ease.

Start from the ceiling walls, fans, light fixtures, fittings, and make your way towards windows, door tracks, carpets, baseboards, etc. This method ensures that any dust bunnies displaced during the process is picked up last, keeping your space spotless without much elbow grease.

Tip: Use a telescopic duster with a microfiber cloth to remove dust from hard-to-reach areas. A microfiber cloth can capture tiny dust particles efficiently.

4. Deep Clean Your Kitchen

The kitchen is the dirtiest room in the home due to baked-on grease, cooking oil, stains and germ infestation. If you want to promote a healthy indoor environment, deep clean your kitchen surfaces thoroughly. After dusting your living room and bedroom, head towards the kitchen with your cleaning caddy and eco-friendly products.



Remove grease and grime from your wooden cabinets, inside and outside, using a vinegar solution. Clean your oven, microwave, stovetop and fridge to get rid of buildup grease, grime and food splatters. Leave the vinegar or baking soda solution for a few minutes and scrub with a soft-bristled brush or sponge.

Do not forget the sink, garbage disposal and faucets as these can harbour harmful and disease-causing germs like e. Coli, etc. You can use hydrogen peroxide, lemon and salt for better outcomes.

5. Clean and Disinfect Bathroom Fixtures and Fittings

The bathroom may be one of the smallest rooms in the house, but it tends to accumulate stubborn stains, mould, mildew and harmful germs that can lead to various health hazards. Whether preparing your rental property for the final inspection or refreshing your home after the holidays, ensure you use the correct order and thoroughly clean your bathroom. Start with your showerhead to remove rust and soap scum using a vinegar solution.

Wipe down your windows, shower doors and tiles. Scrub the bathtub using baking soda and the toilet bowl using castile soap and grout lines with hydrogen peroxide. Also, disinfect faucets, counters and sinks with rubbing alcohol to kill lethal germs and bacteria.

6. Sweep and Mop Floors Last

This is probably the best part of your chore. That is why it is last in the order to spruce up your home. It is good to invest in the best vacuum cleaner that can help you get rid of embedded dust and pet hair from delicate carpets and rugs. Use a HEPA-filtered machine with an appropriate brush attachment for effective results.

Moreover, regular sweeping and vacuuming hard flooring can help prevent the spread of dust and debris. After that, mop your floors using a microfiber mop and warm water for spotless results.

If you are at the end of your tenancy, book experts for well-organised end of lease cleaning Melbourne and secure your hard-earned bond money without any dispute. They follow a proper order to deliver the best cleaning results without giving you a hint of stress.



Yes, there is a right order to spruce up a house! By following these simple steps, you can deep clean your home like a pro. Make sure you maintain a cleaning routine to keep dust, dirt, allergens and pests at bay, promoting a healthy and hygienic indoor environment all year round.

V. Finally, A Realistic Cleaning Plan That's Easy to Follow, Thanks to This Cleaning Expert

Does the prospect of cleaning your house leave you with more questions than answers? Where do I start? What products and tools should I use? We talked to a cleaning expert, Becky Rapinchuk to gather her best advice and tips.

"A cleaning plan or a cleaning routine is a system that takes the guesswork out of what to clean and when to clean it," Rapinchuk says. "This saves time and energy and keeps your home clean most of the time!"

Make a Cleaning Plan

Every house and household is different. The key to maintaining a clean home is to find a schedule that works for you. It may take some trial and error but you can establish an easy-to-follow schedule to maintain a clean and orderly home.

Rapinchuk recommends a version of this plan:



- **Daily must-dos:** These are the chores you should do each day: make the bed, wipe kitchen and bathroom counters, do laundry, pick up items and put them away, toss clutter, and clean obvious spills on the floors.
- **Weekly chores by day:** These chores can certainly be shifted around to fit your needs but set aside one day each week for completing a task: cleaning bathrooms, dusting, vacuuming, mopping floors, changing bed linens. That leaves you two days to catch up on things you missed or larger jobs like organizing a pantry or cleaning out the garage.
- **Monthly chores:** These tasks can be done just once a month but you'll notice that your home is much cleaner without spending an exhausting weekend

trying to clean everything: clean baseboards, wash pillows, throws, and heavy bedding, clean appliances, change HVAC filters, vacuum and clean upholstery, wash windows.

One of the "must-do" daily tasks is tackling the clutter that gathers in our entryways, kitchens, living areas, and bedrooms. By being more aware of your habits and changing behaviors, you can have a tidier home. Plus, getting rid of clutter makes deeper cleaning much easier.

- **Put items away where they belong.** Don't kick off your shoes by the door. Put them away in a basket or organizer. Have a designated spot for keys. When you finish reading a magazine or piece of mail, recycle it or put it on a desk for further action.
- **Stay on top of laundry.** Dirty laundry isn't officially clutter but it does seem to accumulate quickly. Rather than waiting until the pile is huge, do a load of laundry every day. Use baskets to separate laundry by colors and when you have a few minutes, toss a load in the washer before you go to work. Move it over to the dryer when you get home, fold it, and put it away before bedtime.

Clean Rooms From the Top Down

To stop the double duty of having to clean surfaces twice, most professional cleaners start at the top of the room and work their way down. Gravity brings the dust and dirt down so floor cleaning is last.

Living Spaces

- Use a duster to clear corners of cobwebs, then dust ceiling fans and light fixtures.
- Dust tabletops, shelves, and window coverings.
- Clean any glass surfaces and mirrors with diluted distilled white vinegar and a microfiber cloth.
- Vacuum and spot-clean upholstered furniture. Dust and polish wood furniture.
- Vacuum or mop the floor.



Bedrooms

- Pick up clothes and shoes and put them away or put them in the laundry hamper.
- Change the bedding and wash the sheets.
- Start at the top of the room and dust ceiling fans, light fixtures, window coverings, and furniture.
- Vacuum the carpet or dust mop the floor.

Deep Clean the Bathroom

In the bathroom:

- Spray the sink and countertop, shower stall, and bathtub with an all-purpose cleaner. Add toilet cleaner to the toilet bowl and give the cleaners about 10 minutes to start breaking apart the grime before you begin cleaning.
- Gather towels and bathmats and toss them in the washer.
- Scrub the tub or shower, sink, and countertop with a soft-bristled brush. Rinse well and dry with a microfiber cloth to prevent streaks.
- Scrub the toilet bowl (including under the rim). Wipe down the handle, toilet seat, and outside with a disinfecting wipe.

- Use diluted white distilled vinegar to clean the mirrors with a lint-free microfiber towel.
- The last step, mop the floor.

Deep Clean the Kitchen

In the kitchen:

- Wipe grease, splatters, and sticky fingerprints from cabinet doors.
- Wash any dirty dishes or load the dishwasher or the sink.
- Wipe off the counters to remove crumbs and spills and then disinfect them properly.
- Check the refrigerator for expired food and leftovers and wipe up any spills or sticky spots.
- Clean the microwave and any other small appliances that need attention.
- Clean the cooktop and oven, if needed.
- Clean the sink and garbage disposal.



Keep a Regular Cleaning Schedule

Once you have found a regular cleaning schedule that works for your family and lifestyle, use it faithfully for a few months. You'll soon see that it becomes a routine you can stick with. Here are five additional tips for a clean home:

1. Assign tasks to family members. Divide the cleaning chores by room or task. Rotate until everyone finds their niche.
2. Print and post a cleaning calendar of daily, weekly, monthly, and yearly chores.
3. Make cleaning easier by reading labels on cleaning products and following directions. Most products need five or 10 minutes to start working before you start scrubbing.
4. Keep cleaning supplies handy in most rooms so you can do quick touch-ups. Consider purchasing multiple vacuums or floor cleaning tools if you have a multi-story home.

VI. How to deep clean a small bathroom — according to professionals



When it comes to deep cleaning a small bathroom, whether it's a shower room or a rather compact family bath, there are some steps that cleaning experts always recommend taking.

Because, while you might think that a quick wipe around with a multi-purpose cleaning wipe would be enough to keep a tiny space fresh and clean, it takes a lot more than that to clean a bathroom, regardless of how small it might be.

How cleaning experts tackle deep cleaning a small bathroom

Of course, there are lots of bathroom cleaning hacks that you can try, but how can they be specifically applied to small bathrooms? And how do you deep clean rather than just tackle what's visible? See all the places you're forgetting to clean in your bathroom with our ideas and advice.

1. Declutter before you start

Decluttering your small bathroom before deep cleaning the space is an essential step. Especially as it will help to make the entire process a far simpler affair.

While Muffetta Krueger, Cleaning Expert and Founder of Muffetta's Domestic Assistants, adds: "Clear the decks by removing any unnecessary items from the bathroom. This not only streamlines the cleaning process but also brings a sense of order to the space."

2. Be selective with your cleaning products

When cleaning a small space, the last thing that you want to do is fill the area with chemicals, which is why it's important to be choosy about the cleaning products that you use.

Bossart says: "Opt for eco-friendly cleaning products, where possible. For instance, vinegar and baking soda can work wonders without harmful chemicals."

3. Focus on high-traffic areas

The reality is that in high-traffic areas, dirt and grime tend to build up more quickly, which is why giving these areas a little extra cleaning TLC is so important.

Don't forget to look at cleaning the areas that aren't usually visible, such as underneath the faucets, below the light switch, and underneath handles. It's easy to forget about the parts of your bathroom that you don't usually see, but often these are actually the dirtiest. So, paying attention to them is vital.

4. Don't forget to dust

In small spaces, dust tends to appear more readily, which means that your small bathroom is most likely coated in the stuff.



5. Give grout and tiles a good going over

If there's one area that can be a serious struggle when it comes to bathroom cleaning, it's the grout and tiles. It can feel like no matter how hard you scrub, cleaning bathroom tiles is never as effective as you would like.

6. Give the toilet some love

The truth is that even with the abundance of toilet cleaning hacks there are to choose from, this is one task that no one looks forward to. However, when it comes to deep cleaning your small bathroom, it's vital that you make your toilet a priority.

It's easy to forget about cleaning the toilet brush but if you want to properly deep clean your bathroom, it also needs to be on the list. If you really can't bring yourself to give your toilet brush a clean, swapping it out for a brush with disposable heads, like this brush refill kit from Amazon, is a great idea.

7. Give the sinks and faucets a wash

Of all the appliances in your small bathroom, the sinks and faucets probably get the most use. So, making sure that they're properly cleaned is essential.

8. Don't forget the bathtub and shower

Another area where dirt and grime quickly accumulate is in both the bathtub and shower. But the good news is that cleaning a shower and cleaning the bathtub doesn't have to be all that time-consuming or difficult to do.

9. Clean the floors

Krueger says: "Finish your deep cleaning endeavor by addressing the bathroom floor. Choose a suitable cleaner based on your flooring type, ensuring a comprehensive cleanse. Don't overlook corners and edges where dirt tends to hide."

10. Don't forget the drains

Of all the areas in your bathroom, the area that holds the most bacteria is the drain. Totally gross and so much dirtier than even the toilet, drains are germ powerhouses, so making sure that they're properly cleaned is essential.



CONCLUSION

Creating a hygiene-friendly lifestyle is not a one-time effort but an ongoing commitment. By incorporating simple yet effective habits into everyday life, individuals can protect their health, safeguard their families, and foster a cleaner environment. A proactive approach to hygiene ensures long-lasting benefits, empowering people to lead healthier, happier, and more resilient lives.

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