

HEALTHY HOME HABITS FOR A GERM FREE SPACE



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ABSTRACT

A healthy home is more than just tidy rooms; it is a space that supports well being by reducing germs and maintaining cleanliness in every corner. Everyday activities bring dust, bacteria, and allergens into living spaces, and without proper habits, they can build up quickly. From wiping high touch surfaces to practicing smart kitchen and bathroom cleaning, small actions play a big role in keeping the environment safe. A clean home not only prevents the spread of illness but also creates a fresher and more welcoming atmosphere for everyone living in it.



Developing healthy home habits is about consistency and awareness rather than perfection. Simple routines such as washing hands before meals, disinfecting shared items, improving ventilation, and keeping clutter under control can make daily cleaning more effective. Using safe cleaning products and paying attention to areas often overlooked ensures long term benefits for health and hygiene. With these habits in place, maintaining a germ free home becomes easier, giving families peace of mind and a healthier space to enjoy together.

LET'S GET STARTED

Creating a germ free home starts with understanding how germs spread in everyday environments and taking simple steps to control them. High touch surfaces such as light switches, doorknobs, and remote controls often carry hidden bacteria and should be cleaned regularly. Kitchens and bathrooms also require extra attention since they are hotspots for moisture and food residue that encourage germ growth. Regular vacuuming, mopping, and wiping down surfaces are small habits that add up to a cleaner, safer home where germs have fewer chances to linger.

Healthy home habits also extend to lifestyle choices like proper ventilation, decluttering, and using safe cleaning products. Fresh air circulation reduces indoor pollutants, while organised spaces are easier to keep clean. Washing linens, sanitising laundry, and caring for pet areas also contribute to a healthier environment. By combining daily cleaning routines with mindful practices, households can prevent germs from spreading and create a home that not only looks tidy but also supports better health and wellbeing for everyone.

UNDERSTAND WHY A GERM FREE HOME MATTERS

A clean and germ free home is more than just about appearances; it plays a vital role in protecting the health and wellbeing of everyone living there. Germs are invisible to the eye, yet they are constantly present on surfaces, in the air, and even on our hands. Without proper cleaning, they can multiply and spread quickly, increasing the risk of illnesses such as colds, flu, food poisoning, and skin infections. For households with children, elderly members, or individuals with weaker immune systems, the risk is even greater. This makes it important to understand that good cleaning habits are not just about keeping the home looking fresh, but about creating a healthier living environment.

Everyday activities bring germs into the home. Shoes carry dirt and bacteria from outside, pets can transfer germs from their paws and fur, and cooking in the kitchen can spread foodborne bacteria if surfaces are not cleaned properly. Bathrooms, being damp areas, are also ideal spots for mould and bacteria to grow.

Over time, without regular cleaning and disinfecting, these germs can settle in hidden places like light switches, door handles, or remote controls, where they often go unnoticed but are touched frequently. This constant contact makes it easy for infections to pass between family members.



Ultimately, understanding why a germ free home matters comes down to prevention and peace of mind. Preventing the spread of germs saves families from unnecessary illness, medical expenses, and disruptions in daily life. Simple actions such as wiping down high touch surfaces, washing hands regularly, and using safe cleaning products make a big difference over time. When these habits become part of a routine, they create a healthier environment where families can thrive. A germ free home is not about achieving perfection, but about being consistent with small steps that protect both health and comfort in the long run.

5 ACTUALLY REALISTIC CLEANING HABITS THAT HELP ME KEEP A TIDY HOME

Keeping a home tidy often feels like an endless chore, especially when balancing work, family, and personal time. Over the years, I have discovered that the secret is

not about spending hours scrubbing every corner, but about adopting simple habits that fit easily into daily life. These habits are realistic, do not take much time, and help me prevent mess from piling up. By sticking to them, my home feels fresher, more organised, and easier to maintain. Here are the five habits that truly work for me.

1. The Two-Minute Rule

One of the best habits I follow is the two-minute rule: if a task takes less than two minutes, I do it right away. This means putting shoes back in the rack, wiping a counter after preparing food, or folding a blanket after watching TV. These tiny actions prevent clutter from building up and save me from spending hours later on big cleanups. The rule is easy to follow and keeps my space looking neat without much thought.

2. Daily Surface Wipe Down

High touch surfaces gather dust, fingerprints, and bacteria very quickly. To stay on top of it, I keep microfiber cloths and a mild cleaner handy. Each evening, I do a quick wipe of tables, kitchen counters, bathroom sinks, and light switches. It takes less than ten minutes but makes the home feel instantly cleaner. This habit also helps reduce germs, which is especially important during flu season. It is such a small effort, yet it makes a big difference in how fresh my home looks.

3. A Quick Nightly Reset

Before heading to bed, I spend 10 to 15 minutes resetting the main areas of the house. I clear dishes from the sink, tidy the living room, and put away any stray items. Waking up to a clean space in the morning sets a positive tone for the day and reduces stress. This routine has become a habit that I look forward to, almost like closing the chapter of the day with a clean slate.

4. Laundry in Small Batches

Letting laundry pile up used to overwhelm me. Now, I do smaller loads more frequently instead of waiting for a mountain of clothes. This habit keeps laundry manageable and ensures clean clothes are always ready. I usually schedule a load every other day, and because the amount is smaller, folding and putting clothes

away is much quicker. It also prevents the dreaded “laundry day” that eats up hours at once.



5. Declutter As You Go

Clutter is one of the biggest challenges in maintaining a tidy home. Instead of waiting for a big cleaning session, I practice decluttering as I go. If I notice something I no longer use, I immediately put it in a donation bag. If an item is broken or expired, I throw it out right away. This habit has made a huge difference because it reduces the amount of stuff that needs cleaning, storing, or organising. By keeping clutter in check daily, my home stays lighter and easier to manage.

Final Thoughts

These five habits are not about perfection, but about consistency. By doing small tasks regularly, I avoid the stress of facing a messy house at the end of the week. The best part is that they fit naturally into my daily routine and do not require hours of effort. A tidy home feels calmer, more welcoming, and easier to maintain when you focus on realistic habits instead of impossible standards. For me, these simple changes have transformed cleaning from a dreaded chore into a manageable part of everyday life.

FOCUS ON HIGH TOUCH SURFACES

High touch surfaces are the hidden spots in our homes that collect the most germs because they are touched frequently throughout the day. These include doorknobs, light switches, remote controls, handles, railings, keyboards, and even phones. Since multiple people often touch them, they quickly become hotspots for bacteria and viruses that can easily spread to everyone in the household. Unlike floors or countertops that are visibly dirty, high touch surfaces may look clean while still holding harmful germs. That is why paying attention to these areas is crucial for maintaining a germ free home. The good news is that cleaning them does not take much effort. A simple wipe with a disinfectant or a mild homemade solution can greatly reduce the number of germs and make your living space healthier. By identifying and cleaning these key surfaces regularly, you tackle the main sources of everyday contamination in the home.

Another important factor in cleaning high touch surfaces is consistency. Wiping them once in a while is not enough, as germs can build up quickly, especially in homes with children, pets, or frequent visitors. Setting a routine, such as disinfecting these surfaces every evening or at least a few times a week, ensures germs do not get the chance to spread. It is also wise to use the right cleaning tools, like microfiber cloths or disposable wipes, which trap and remove bacteria more effectively. Choosing safe cleaning solutions is equally important to avoid damaging the surfaces or exposing your family to harsh chemicals. By making high touch surface cleaning a regular part of your household routine, you not only reduce the spread of illness but also create a healthier environment where everyone can feel safe. It is a small habit that has a big impact, proving that focusing on the little details makes a huge difference in maintaining a truly clean home.

10 KITCHEN CLEANING HACKS THAT SAVE TIME (AND ACTUALLY WORK)

The kitchen is often the busiest spot in any home, which also makes it one of the messiest. Between cooking, spills, and constant use, it can feel like the cleaning never ends. Luckily, a few smart hacks can help you keep things tidy without

spending hours scrubbing. Here are ten kitchen cleaning tricks that are simple, quick, and truly effective.



1. Use Baking Soda for Stubborn Stains

Baking soda is a gentle but powerful cleaner. Sprinkle it on greasy stovetops or stained countertops, add a little water, and let it sit. A quick wipe removes grime with almost no effort.

2. Clean the Microwave with Steam

Fill a microwave safe bowl with water and a few slices of lemon. Heat it for a few minutes until the steam loosens food splatters inside. Wipe down with a cloth, and the microwave looks and smells fresh.

3. Line Oven Trays with Foil or Baking Paper

Instead of scrubbing burnt bits off trays, line them before cooking. Once done, just remove and toss the foil or paper, saving time and effort.

4. Keep a Vinegar Spray for Everyday Wiping

White vinegar is a natural disinfectant. Mix equal parts vinegar and water in a spray bottle. Use it to clean counters, sinks, and even the fridge. It cuts through grease and leaves surfaces sparkling.

5. Run Lemon Through the Garbage Disposal

If your sink smells, cut a lemon into chunks and run it through the garbage disposal with cold water. It instantly freshens the drain and removes lingering odors.

6. Use Salt for Greasy Pans

Dealing with a greasy cast iron or frying pan? Sprinkle salt and scrub with a paper towel or sponge. It breaks down oil quickly without harsh chemicals.

7. Dishwasher Deep Clean Trick

Place a cup of vinegar on the top rack and run the dishwasher on a hot cycle. This removes odors, grease, and mineral buildup, keeping your machine fresh and efficient.

8. Soak Stove Burner Grates Overnight

Mix a little dish soap and baking soda in warm water, then soak burner grates overnight. In the morning, rinse and wipe—they'll look like new with little scrubbing needed.

9. Wipe as You Cook

Instead of leaving all the mess for later, wipe counters and utensils while cooking. This keeps things under control and saves a lot of cleanup time after meals.

10. Keep a “Clutter Basket” Handy

Kitchens attract clutter like mail, keys, or random items. Keep a small basket nearby to collect them. At the end of the day, sort it out quickly. This keeps counters clear and easier to clean.

Final Thoughts

Kitchen cleaning does not have to be overwhelming or time consuming. By using natural cleaners like baking soda and vinegar, adding simple habits like wiping as you go, and trying smart tricks like steam cleaning the microwave or soaking stove grates, you can cut cleaning time in half. These hacks are easy to follow and actually work, leaving your kitchen sparkling without hours of effort. A little consistency with these habits makes a big difference, turning your kitchen into a clean, welcoming space that is always ready for cooking and family time.

6 QUICK THINGS PEOPLE WITH CLEAN BATHROOMS ALWAYS DO – IT WILL MAKE DEEP CLEANING SO MUCH EASIER

A sparkling bathroom does not happen overnight. The people who always seem to have fresh, spotless bathrooms are not scrubbing for hours every day — instead, they follow a few quick daily habits that stop mess from building up. These small steps take only minutes, but they make a huge difference when it comes time for deep cleaning. Here are six realistic habits that keep bathrooms clean and stress free.

1. Wipe Surfaces Daily

After using the sink or vanity, a quick wipe with a microfiber cloth keeps toothpaste splatters, soap residue, and water spots from sticking. By doing this every day, you prevent grime from building up and avoid the need for heavy scrubbing later. It takes less than a minute and makes the sink area look fresh.

2. Keep the Toilet Fresh with Small Habits

Nobody enjoys scrubbing toilets, but it is much easier if you maintain them daily. People with clean bathrooms often keep a toilet brush and cleaner nearby. A quick brush around the bowl once a day prevents stains and buildup. Adding a drop-in cleaner or natural freshener also helps keep odors away between deep cleans.



3. Rinse and Wipe the Shower or Tub

Soap scum and hard water stains are tough if left for weeks. The trick is to rinse and wipe the shower walls or tub after each use. Using a squeegee or even a towel prevents streaks and slows down the buildup of grime. This small step keeps showers looking polished and reduces the time needed for scrubbing during a deep clean.

4. Hang and Replace Towels Properly

Wet towels left crumpled on the floor can create musty smells and attract bacteria. People who keep bathrooms fresh always hang towels neatly so they dry quickly. They also replace hand towels every few days and bath towels at least weekly. Clean towels instantly make the bathroom feel fresher and more inviting.

5. Declutter the Countertops

A cluttered bathroom counter not only looks messy but also makes cleaning harder. Those with tidy bathrooms store products in drawers, baskets, or organizers,

leaving only essentials within reach. With fewer items on display, wiping surfaces becomes quick and simple. This habit also makes the space feel more open and calming.

6. Empty the Bin and Restock Supplies

Overflowing bins and missing essentials can make a bathroom look neglected. People with clean bathrooms make it a habit to empty the bin regularly and restock items like toilet paper, soap, and tissues. A small routine like this keeps the bathroom functional and ready for use at all times.

Final Thoughts

The secret to a clean bathroom is not about spending hours scrubbing once a week, but about maintaining it daily with quick and simple actions. Wiping down surfaces, keeping the toilet fresh, rinsing the shower, hanging towels properly, decluttering, and managing supplies all take just a few minutes, yet they prevent dirt and mess from piling up. When deep cleaning day arrives, the bathroom already looks neat, and the hard work feels much easier. By building these habits into your routine, you can enjoy a bathroom that is always clean, fresh, and welcoming without overwhelming effort.

THE ULTIMATE SPRING CLEANING CHECKLIST TO TIDY UP EVERY ROOM IN YOUR HOUSE

Spring is the perfect season to reset your home and give it the deep clean it deserves. After months of dust, clutter, and hidden mess building up, spring cleaning offers a fresh start that makes your home brighter and healthier. While the kitchen and bathroom often get most of the attention, every other room in your house also needs care to truly feel refreshed. Here is the ultimate spring cleaning checklist for each area of your home, focusing on the living room, bedrooms, home office, entryway, and those often overlooked spaces.



Living Room

The living room is where family and guests gather, making it one of the most used spaces. Start by decluttering surfaces like coffee tables, TV stands, and bookshelves. Dust every area, including picture frames, décor, and light fixtures. Vacuum under cushions, behind furniture, and along baseboards, where dust and crumbs hide. If you have curtains, wash them or vacuum with an upholstery attachment. Clean windows to let in more natural light, and refresh throw pillows or blankets with a wash. Finally, polish wooden furniture and vacuum rugs or carpets for a cleaner, fresher look.

Bedrooms

A tidy bedroom creates a calm environment for better sleep. Begin with your closet by removing clothes you no longer wear and organizing the rest by category or season. Wash all bedding, including comforters, blankets, and pillows. Flip or rotate your mattress to extend its life. Dust nightstands, lamps, and dressers, and vacuum under the bed where dust easily collects. Don't forget to clean mirrors and windows for added brightness. If you have children's rooms, involve them by sorting toys into keep, donate, or discard piles to reduce clutter. A well-organized bedroom feels peaceful and easier to maintain daily.

Home Office or Study Area

With more people working from home, the office space can quickly get cluttered. Sort through papers, shred what you no longer need, and file important documents neatly. Wipe down electronics like keyboards, monitors, and printers with safe cleaning products. Dust shelves, light fixtures, and blinds. Organize office supplies so they are easy to find and store items you rarely use. Vacuum or mop floors, especially under desks where dust gathers. A refreshed office not only looks better but also improves focus and productivity.

Entryway or Hallway

Your entryway sets the tone for your home, but it often becomes a drop zone for shoes, bags, and coats. Start by clearing out items you no longer use or need. Wipe down walls and doors that often collect smudges. Clean doormats or replace them if worn out. Sweep and mop the floors, and vacuum any rugs. Organize shoes using a rack or storage bins and hang coats neatly. If space allows, add a small tray for keys and mail to keep the area clutter free. A tidy entryway creates a welcoming first impression for guests.

Dining Room

Dining rooms may not be used daily, but dust and clutter still build up. Dust and polish tables, chairs, and cabinets. Wash table linens, placemats, and cushion covers if you have them. Clean light fixtures, especially chandeliers that gather dust. Wipe windows and mirrors for a brighter feel. Vacuum or mop the floor and make sure the dining area feels fresh and ready for meals or gatherings.

Laundry Room

The laundry area works hard but often gets overlooked during cleaning. Wipe down the washer and dryer, including knobs and detergent drawers. Check and clean the lint trap thoroughly. Sweep and mop the floors, removing any dust or detergent spills. Organize laundry supplies by storing them in bins or baskets to keep the space neat. If possible, wipe behind and under appliances where dirt builds up. A tidy laundry space makes washing clothes less of a chore.

Closets and Storage Spaces

Spring is the ideal time to tackle closets, basements, and other storage areas. Sort through items and donate or discard what you no longer need. Use bins or boxes to group similar items together, labeling them for easy access later. Vacuum or sweep floors and wipe down shelving. Keeping these spaces organized reduces clutter in the rest of your home and makes everyday living smoother.

Final Touches Around the House

After addressing each room, take time to do a few finishing tasks throughout the home. Dust ceiling fans, vents, and baseboards in every space. Wash windows to allow in more natural light. Replace air filters to improve indoor air quality. Add fresh flowers or light a candle for a welcoming touch. Small finishing details make your home feel truly renewed after a deep clean.

Spring cleaning is not just about scrubbing floors; it is about creating a home that feels open, organized, and refreshed. By paying attention to the living room, bedrooms, office, dining room, entryway, laundry space, and storage areas, you transform every corner of your house into a tidier and more enjoyable place. These small but intentional steps give you a clean slate for the months ahead, making your home healthier and more inviting for both your family and your guests.

HACKS FOR KEEPING THE HOUSE ORGANIZED WHEN EVERYONE'S ALWAYS HOME

1. Create Drop Zones for Everyday Items

One of the biggest causes of clutter is items being left wherever they're used. Keys, shoes, bags, and even laptops end up scattered around. To solve this, create designated drop zones. Add a shoe rack near the door, a tray for keys, and a small basket for chargers or gadgets. When everything has a place, it's easier for everyone to return items to where they belong instead of leaving them lying around.

2. Give Everyone Their Own Basket

A simple but effective hack is giving each family member a basket or bin. Throughout the day, any stray items can be tossed into their basket. At the end of

the day, each person takes their basket and puts things back where they belong. This saves you from running around constantly picking up after others and encourages responsibility.

3. Tidy in Quick Bursts

When the whole family is at home, messes build up quickly. Instead of waiting for things to spiral out of control, set aside short bursts of cleaning. Try a “10-minute tidy” where everyone in the house picks up, folds, or wipes down during that time. It makes a big difference and prevents hours of cleaning later.

4. Use Labels to Stay Organized

When multiple people are sharing the same spaces, labeling can save a lot of confusion. Label pantry shelves, storage bins, toy baskets, or even fridge drawers. Clear labels make it easier for kids and adults alike to know where things belong. This cuts down on clutter and also helps keep routines running smoothly, since no one has to guess where something goes.

5. Keep Cleaning Supplies Handy

If cleaning supplies are only in one spot, chances are people won't use them as often. Keep small sets of essentials—like wipes, spray bottles, and cloths—in different rooms. Having supplies within reach makes it easier to clean up small messes right away before they grow into bigger problems.

6. Adopt the One In, One Out Rule

When everyone is home, it's easy for belongings to pile up. To prevent overcrowding, use the “one in, one out” rule. For every new toy, gadget, or item brought into the house, remove one old item. This keeps clutter in check and ensures your home stays manageable.

7. Use Vertical Storage

Floor and counter space gets used up quickly, so think vertical. Install hooks for coats and bags, use over-the-door organizers for shoes or cleaning products, and add shelves to free up surfaces. Vertical storage is especially helpful in busy households where space is limited but belongings are many.

18 EASY AND GREEN DIY RECIPES TO CLEAN ALL THE THINGS, **PLUS HEALTH BENEFITS**

Switching to DIY green cleaning solutions is one of the easiest ways to keep your home fresh while protecting your health and the environment. With just a few natural ingredients like vinegar, baking soda, lemon, and essential oils, you can make powerful cleaners for almost every surface in your house. From an all-purpose spray made with vinegar and water to a natural glass cleaner using lemon juice, these recipes are simple, affordable, and effective.

DIY scrubs with baking soda can tackle stubborn stains in sinks or tubs, while essential oil blends add a refreshing scent and even antibacterial benefits. Not only do these recipes save money, but they also cut down on harsh chemicals that can irritate skin or trigger allergies.



Green cleaning also improves indoor air quality, making your space healthier for kids, pets, and anyone sensitive to synthetic fragrances. Plus, using reusable spray bottles and cloths reduces plastic waste, making your cleaning routine eco-friendly.

These 18 easy recipes prove you don't need complicated products to keep a tidy home. With natural ingredients and a little effort, you'll enjoy a cleaner, safer, and more sustainable space every day.

HOW TO CLEAN YOUR HOUSE USING METHYLATED SPIRITS?

Maintaining a tidy and germ-free house requires quality products and tools. Unfortunately, store-bought cleaners contain harmful chemicals, leading to various health hazards and ailments. Excessive use of VOCs and ammonia-based products can cause serious harm to our environment. Thus, it is always good to use chemically safe products for healthy well-being and a clean environment.

Methylated Spirits is one of those products that can be used for household cleaning. It is a colourless and transparent liquid containing ethanol and other additives. Though it is a non-consuming alcohol, but can do wonders in keeping your house clean and shiny. Many professionals bring methylated spirits in pre-approved supplies for a cheap end of lease cleaning Adelaide— thanks to its versatile cleaning benefits and chemical properties.

However, be cautious when cleaning with denatured alcohol, as it is highly flammable and can cause skin irritation if inhaled in large amounts. **Here is a complete guide to help clean your home using methylated spirits.** Ensure you open doors and windows for proper ventilation and avoid contact with open flames for utmost safety.

1. Remove Ink Stains and Adhesive Residue

Denatured alcohol is one of the best alternatives to chemically laden cleaning products. It can help you remove sticky residue and ink stains from multiple surfaces. The chemical properties can help dislodge stubborn adhesive stains without damaging the surface.

Spray the diluted solution and leave it for five minutes before wiping down the surface. Then, clean your walls, hard surfaces, window sills, and frames like a pro.

2. Achieve Streak-Free Glass Surface

Traditional glass cleaners contain Volatile Organic Compounds that are lethal for humans and the environment. It can pose serious health concerns, such as skin

allergies, respiratory disorders, asthma, and other prolonged diseases, such as asbestosis.

So, replace any store-bought glass cleaner with methylated spirits. This versatile liquid lets you clean window glass screens, mirrors, shower glass doors and other delicate surfaces. All you need to do:

- Take 1/3 part of methylated spirits and one teaspoon of mild dishwashing liquid and add warm water to prepare a solution.
- Spray on the dirty-laden surfaces and leave it for a few minutes
- Wipe down with a sponge or cloth
- Run a squeegee to avoid streaks.



3. Easy to Remove Grease Stains

Stubborn oil stains and greasy residue on wooden cabinets, countertops, stovetops and kitchen appliances can make them look dull and dingy. Instead of using multiple cleaning products, use this powerful agent and remove grease in a breeze.

Ensure you soak a microfiber cloth in denatured alcohol and gently apply it to the affected area. Scrub and wipe the surface. You can also use non-abrasive tools to remove oil stains and grime without leaving scratches behind.

End of lease cleaning Adelaide professionals always recommend the patch test before using the product on delicate surfaces or polished wood.

4. Dislodge Mould Spores

Mould or mildew is a type of fungi that thrives in dark and humid environments, such as bathroom walls, shower curtains, basement walls, dirty carpets, etc. Thus, ensure you identify the source and remove the black, greenish or pinkish spores using safe and sound products.

Of course, hydrogen peroxide is a great natural cleaning option, but methylated spirits can also do wonders. In a spray bottle, add 5 parts of denatured alcohol to 1 part of warm water. Spray the solution on the affected area and let it sit for half an hour. The solution will kill live spores and help you remove them effectively.

Tip: Rinse, wipe and dry the surface to prevent further growth, especially when moving out of your rental property.

5. Neutralise Pesky Smell

Did you know inhaling a small amount of air freshener might cause coughing and breathing difficulty? Store-bought products contain a substantial amount of phthalates, a harmful chemical that can damage your respiratory system. Store-bought deodorisers can even leave carbon footprints in the environment. Luckily, you can use denatured alcohol to banish bad odours. Pour it into a spray bottle and add a few drops of your favourite essential oils. This will freshen up your floor coverings, bathrooms, kitchen, and garbage disposal in seconds.

6. Use Methylated Spirits to Disinfect Your Home

This versatile cleaning agent lets you clean and disinfect your home's contaminated surfaces most efficiently. You can create a proper house cleaning routine and prioritise tasks. To keep your home healthy and hygienic, ensure you pay special attention to high-traffic spots, including:

- Chrome faucets
- Sink drains
- Door handles and knobs
- Pet bowls
- Light switches
- Toys
- Toilet bowl
- Countertops
- Floors

Spray and leave it for a few minutes to kill lurking germs and bacteria and promote a healthy indoor environment.

7. Important Things to Remember

Methylated Spirits are a decent substitute for store-bought cleaning products. However, it is an alcohol and can be highly flammable. So, keep the following tips in mind when cleaning your home:

- Ensure proper ventilation
- Wear safety gears
- Do not use denatured alcohol on varnished and painted walls
- Keep the product away from pregnant women, children and pets
- Store it in a cool and dark place.

You can also prefer hiring experts for a budget end of lease cleaning Adelaide to ensure hassle-free move out process at the end of your tenancy. This will help you secure hard-earned bond money as well.

Wrapping up

These are simple yet effective tips and tricks for cleaning a house with methylated spirits. Use it as a multi-purpose cleaner and follow all the safety measures when using it at home.



CONCLUSION

A germ free home is not about constant scrubbing but about building small, consistent habits that make a big difference over time. Simple actions like wiping high touch surfaces, keeping floors clean, washing hands often, and maintaining good ventilation help reduce the spread of germs and create a healthier space for everyone. Decluttering makes cleaning easier while using safe and natural products

protects both your health and the environment. When these habits become part of daily life, the home feels fresher, safer, and more welcoming. A clean space supports not only physical wellbeing but also mental peace, as an organized and hygienic environment reduces stress and promotes comfort. By committing to these healthy home practices, you create a foundation for better living where your family can thrive in a space that truly feels safe, balanced, and cared for every single day.

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