HEALTHY TIPS

Learn these 7 Useful Ways to Naturally Flu-Proof Your Home

By bestfolkmedicine · 28/03/2019 · 3 min read



With the flu season still lurking, we need to find beneficial methods to lower our risk of diseases. Believe it or not, according to the CDC, the flu has resulted between 9.2 and 60.8 million diseases, between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths every year since 2010.

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Often times, we do our best to keep the flu and colds away from us and our family members; however, it still happens. Whether our child or spouse, they catch the flu and the symptoms quickly spread. This is why

the right prevention plays the major role in destroying bad bacteria before it spreads further and causes infections and diseases.

With this in mind, in today's article, you can read about 7 beneficial and all-natural methods to flu-proof your home without having to use wipes or some store-bought products filled with chemicals.

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7 Methods to Flu-Proof Your Home Naturally

- **Wash the dishes regularly**

If you have a sink full of dishes, make sure you wash them right away, especially if someone with the flu had used them. If you have a dishwasher, even better- wash them on the hottest settings. This is because high temperature destroys germs best.

- **Wash your pillows and linens**

Since we spent most of the time when we are sick lying in our beds, the pillows and linens become full of germs. This being said, once you are feeling better, wash the linens and pillows to get rid of the dust mites and bad bacteria and prevent the flu from spreading to others.

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- **Clean the bathroom**

Without doubt, our bathroom is a germ-full area. So, you need to clean it regularly. For the toilet, use a mixture of two tsp of tea tree oil and two cups of water in a spray bottle. Spray the inside of the rim and leave it for half an hour before you scrub it off. Another great all-natural bathroom cleaner is a mixture of vinegar and water.

- **Purchase a humidifier**

When the air is moist, whenever we sneeze or cough, the particles stay quite large and drop onto the floor. However, if the air is dry, they dissolve into very small pieces that may remain aloft for hours and days. This is where a humidifier can be of aid. It will create an unsuitable environment for the bad bacteria to thrive. Make sure you regularly clean the device so that it can work optimally.

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- **Do not forget about your desk**

If you have a desk at home, you should know that it may contain up to 400 times more bacteria than the average toilet seat. This is why you need to clean it regularly and prevent any germs from transferring onto your hands and body. Scrub the desk thoroughly with a water and vinegar mixture. If you have a desk at work, do the same there!

- **Clean the kids' room**

If your child has been ill, make sure you clean his/her room thoroughly and even the toys. Wipe surfaces with the vinegar and water solution and wash any stuffed animals in the washing machine. Change their linens too and open up the windows for clean air to fill the room.

- **Disinfect your cutting boards**

Cutting boards are the ideal breeding ground for germs. And, when choosing wood or plastic, scientists recommend wood. If you have a plastic board, you can wash it in the dishwasher; however, it is not recommendable to wash it by hand as not all of the bacteria will be removed. For your wooden cutting boards, it is okay to wash them by hand. You just need to use the right solution. Make a cleaning solution of half a lemon juice and baking soda and scrub the board with it. Then, wipe it with vinegar and water and dry it out with a paper towel.

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