



MILPA'S SIX STEPS TO STOP GERMS

ACKNOWLEDGEMENT OF COUNTRY

Minum Barreng and NACCHO acknowledge the Traditional Custodians of the lands, waters and skies of Australia and the Torres Strait. We acknowledge the continued connection of Aboriginal and Torres Strait Islander people to Country, care for community and practice of culture across generations.

We pay our respect to Elders past and present, with particular acknowledgement of the Wurundjeri Woi Wurrung and Ngunnawal and Ngambri people, the Traditional Custodians of the lands where the Minum Barreng and NACCHO offices are located.



NACCHO
National Aboriginal Community
Controlled Health Organisation



Australian Government
Department of Health, Disability and Ageing



ACKNOWLEDGEMENTS

Minum Barreng and NACCHO acknowledge and thank the many partners who have contributed to *Milpa's Six Steps to Stop Germs* since its original development and launch in 2019. The resources were initially developed with leadership from Fiona Lange, and have been informed by Aboriginal and Torres Strait Islander community members and Elders, linguists, artists, Aboriginal health and environmental health organisations, hygiene networks and government trachoma programs across Australia, whose time, knowledge and expertise helped develop clear and consistent messages to prevent trachoma and other infections.

Aboriginal Community Services of SA

Aboriginal Environmental Health Directorate
Department of Health WA

Aboriginal Environmental Health Workers Ngaanyatjarra
Lands WA

Aboriginal Health Council of SA

Blackstone community members WA

Central Australian Aboriginal Health Congress Health
Promotion Team NT

Children's Ground NT

Country Health Service WA

Department of Education NT

Derek Harris Chairperson Ngaanyatjarra Council WA

Dr Sam Osborne Regional Engagement APY Lands
University of SA

PYEC Aboriginal Corporation SA

End Trachoma 2020 Rotary

Ending Trachoma Project Curtin University WA

Families as First Teachers Forum NT

Fred Hollows Foundation

Fregon community members SA

Health Hardware and Hygiene Network NT

Jan Mountney Linguist Ngaanyatjarra Lands WA

Katherine West Health Board NT

Maimie Butler Traditional Elder Blackstone WA

Mimili community members SA

Ngaanyatjarra Council staff WA

Ngaanyatjarra Health Service staff WA

Nganampa Health Council staff APY Lands SA

Nirrumbuk Aboriginal Corporation WA

Pitjantjatjara Yankunytjatjara Education
Committee SA

Pukatja Clinic staff APY Lands SA

Shire of Ngaanyatjarraku staff WA

Squeaky Clean Kids Program WA

Tara community members NT

Trachoma Program Centre for Disease Control NT

Trachoma Reference Group WA

WA Country Health Service Perth, Goldfields,
Midwest, Pilbara and Kimberley

WA Interpreting Service

Warakurna Artists WA

Warburton community members WA

The original resources have continued to evolve through ongoing use, learning and feedback. We would also like to acknowledge Lesley Martin for her contribution to the *Milpa's Journey* artwork and resources, and thank the many communities, organisations, networks and individuals who have contributed to the development and refinement of this flipchart resource, helping bring together *Milpa's Six Steps to Stop Germs*, healthy homes and environmental health messages.

ARTWORK STORY

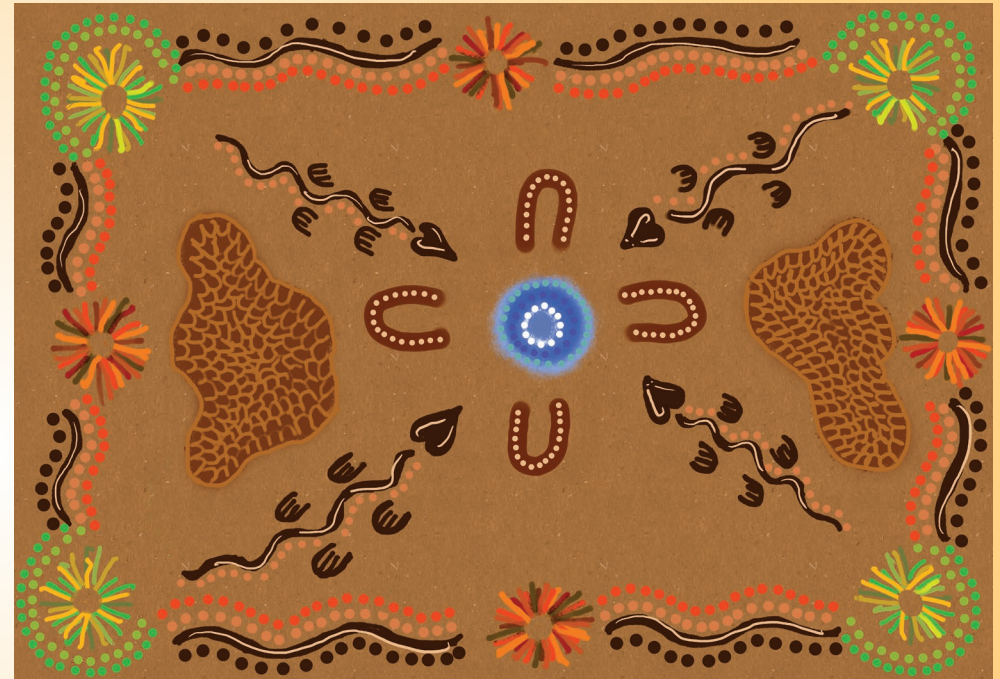
This art piece is about Milpa the Goanna's journey through country, living in the spinifex regions travelling from community to community, drinking and having a bath in water holes on country, roaming the hills and meeting up with all different people on the lands.

Milpa has a story to tell, it's all about his journey in visiting different communities across the Northern Territory, Western Australia and South Australia remote communities.

Milpa has a message around *Clean Faces, Strong Eyes* and the importance for kids to look after themselves and others, to help their younger brothers and sisters in washing their faces to have strong eyes.

'The one thing that I would love is for each community to remember Milpa and me, keep up with the hygiene practices that will stop germs, and for kids to still see themselves with a clean face and a big smile'.

Lesley's many years of work and learnings as a Health Promotion and Community Engagement Officer supporting trachoma elimination have helped shape the content within this flipchart.



Title: Milpa's Journey

Artist Name: Lesley Martin

Skin Name: Knarea (Nungarrayi)

Artist Region/Language: North, Central & Eastern Arrernte

Clan group: Ilpme (Alice Springs/Bond Springs)

Date: May 2026

ABOUT THIS FLIPCHART

This flipchart supports conversations about *Milpa's Six Steps to Stop Germs* using simple, everyday actions that help keep kids, families and communities healthy and strong.

Milpa's Six Steps focuses on stopping germs from spreading in everyday life, at home, in community, and at school, with clinics and services there to support kids and families when they need extra help. These actions help support healthy eyes, ears, teeth, skin and bodies, and help prevent trachoma and other infections

While trachoma was declared eliminated as a public health problem in Australia in April 2026, it's important to keep these hygiene practices strong to make sure trachoma stays away.

This flipchart also highlights the importance of healthy homes, including access to clean water, working washing facilities and safe living conditions, to support families to follow *Milpa's Six Steps* every day.

Everyone has a role to play in helping kids and families stay healthy and strong. By following Milpa's Six Steps every day, we can help stop germs spreading and keep trachoma and other infections away.



USING THE FLIPCHART

This flipchart is a yarning and education tool to support conversations with:

- Kids
- Families and carers
- Schools, early learning, community and clinic settings

The flipchart can be used by:

- Aboriginal Health Workers (AHWs) and Practitioners (AHPs)
- Environmental Health Workers
- Teachers and educators
- Clinic and community workers

The flipchart includes:

- A visual side with simple images and key messages
- An information side with prompts and background to support the yarn

WHAT'S INSIDE?

1. Background

- Meet Milpa the Goanna
- What Germs Look Like
- Why Hygiene Matters

2. Milpa's Six Steps to Stop Germs

- Step 1: Blow nose until empty
- Step 2: Wash hands with soap and water
- Step 3: Wash face to clean snot and yucky eyes
- Step 4: Brush teeth with toothpaste, morning and night
- Step 5: Have a shower with soap every day
- Step 6: Don't share towels
- Milpa's Extra Tip: Cough and sneeze into you elbow

3. Healthy Homes

- Healthy homes help keep kids healthy and strong

4. When Kids Need Extra Help

- Families, schools, communities and clinics working together

5. Further Information

- *Milpa's Six Steps to Stop Germs* Poster
- *The Germ Story* Poster
- *Wash Your Face Whenever It's Dirty* Poster
- Bathroom Checklist
- Lesley's Cleaning Products and Tips
- Milpa Colouring-in Sheets (for photocopying)

MEET MILPA THE GOANNA



HI, I'M MILPA!



MEET MILPA THE GOANNA

Milpa's Story

Meet Milpa, a friendly green and orange goanna whose name means 'eye' in the Warlpiri language. Milpa reminds us how important it is to look after our eyes and keep them healthy and strong.

Milpa first played a big role in the *Clean Faces, Strong Eyes* campaign, helping kids and families learn how to prevent trachoma, a preventable eye infection.

As Milpa travelled to schools, clinics and communities, he helped share an important message: clean faces help keep eyes strong and stop germs spreading.

Today, Milpa shares his *Six Steps to Stop Germs* - simple actions we can all follow every day to stop germs spreading, prevent trachoma and other infections, and help keep kids eyes, ears, teeth, skin, and bodies healthy and strong.

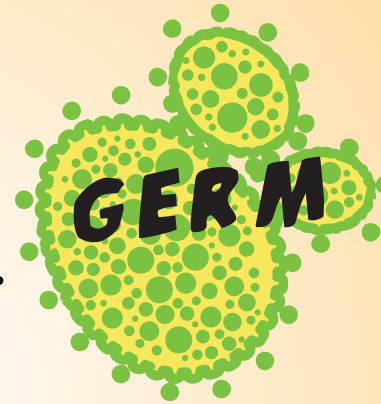
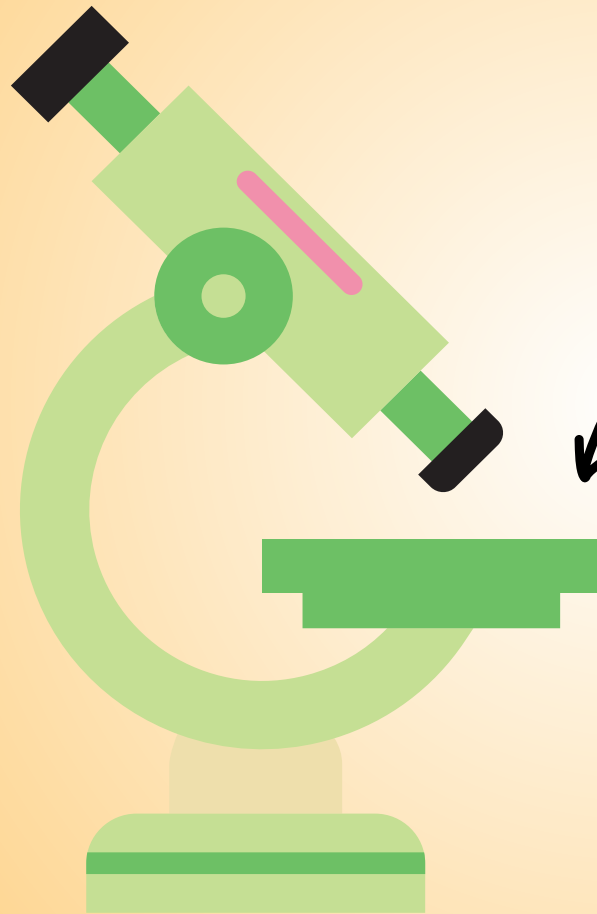
Milpa will share tips and reminders throughout this flipchart to help us learn about and follow these everyday hygiene practices.



CLEAN FACES, STRONG EYES!

Milpa was created in 2008 by graphic designer Lily McDonnell, who was asked by the Centre for Eye Research Australia (CERA) to design a character to help children learn about good vision and healthy eyes in the Northern Territory.

WHAT GERMS LOOK LIKE



*MILPA SAYS: GERMS ARE TINY-
WE CAN'T SEE THEM, BUT WE
CAN STOP THEM SPREADING*



WHAT GERMS LOOK LIKE

Germs are very tiny. We can't see them, but they can spread and cause infections that make us sick. We can help stop germs spreading.

Germs can spread through:

- **Hands and bodies**

Germs can get onto our hands and bodies when we touch things

- **Faces**

Runny noses, yucky eyes and dirty faces can help germs spread

- **Flies**

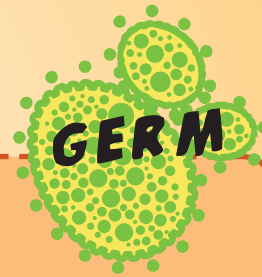
Flies can carry germs from dirty places to our faces

- **Things we touch**

Germs can spread through cups, toys, animals and surfaces

- **Clothes, Towels and Bedding**

Germs can stay on clothes, towels and bedding and spread to other people



Yarning Prompts:

- What are germs and where do they come from?
- How can germs move from one person to another?
- What helps stop germs spreading?

WHY HYGIENE MATTERS

*MILPA SAYS: KEEPING CLEAN
EVERY DAY HELPS KEEP KIDS
HEALTHY AND STRONG*



Good hygiene stops germs spreading and helps prevent trachoma and other infections

WHY HYGIENE MATTERS

Good hygiene stops germs spreading and helps prevent trachoma and other infections.

These infections and conditions can include:

- Eye infections (trachoma, conjunctivitis)
- Ear infections (otitis media)
- Respiratory infections (coughs and colds, influenza, COVID 19, diphtheria)
- Skin infections and conditions (skin sores, scabies, diphtheria)
- Gastrointestinal infections (diarrhoea)
- Oral health conditions (tooth decay and gum disease)

If infections keep happening, they can lead to more serious health conditions, including:

- Rheumatic heart disease (sick hearts)
- Lung problems (like pneumonia)
- Kidney disease (sick kidneys)
- Vision loss from repeated trachoma infections (trichiasis)



Yarning Prompts:

- What happens when kids get sick a lot?
- How does sickness affect school and play?
- What helps keep kids healthy and strong?

MILPA'S SIX STEPS TO STOP GERMS

Milpa's Six Steps are simple actions that help keep kids healthy and strong



MILPA'S SIX STEPS

MILPA'S SIX STEPS TO STOP GERMS

Milpa's Six Steps are simple actions that help keep kids healthy and strong.

1. Blow nose until empty
2. Wash hands with soap and water
3. Wash face to clean snot and yucky eyes
4. Brush teeth with toothpaste, morning and night
5. Have a shower with soap every day
6. Don't share towels

Yarning Prompts:

- Which of *Milpa's Six Steps* do you do every day?
- Which step is the hardest to remember?
- How do *Milpa's Six Steps* help stop germs spreading



STEP 1



**BLOW NOSE
UNTIL EMPTY**



STEP 1

Blow Nose Until Empty

Help kids:

- Blow nose until empty
- Use tissues when they can
- Keep nose clean during the day
- Put dirty tissues in the bin
- Wash hands after blowing nose

This helps:

- Stop germs spreading
- Reduce runny noses
- Prevent ear infections (otitis media)
- Prevent respiratory infections (coughs and colds, influenza, COVID-19 and diphtheria)
- Keep kids healthy and strong



BLOW NOSE
UNTIL EMPTY



STEP 2



**WASH HANDS WITH
SOAP AND WATER**



STEP 2

Wash Hands with Soap and Water

Help kids:

- Wash hands with soap and water
- Wash hands before eating and after going to the toilet
- Wash hands after coughing, sneezing or touching skin sores
- Wash hands after touching animals

This helps:

- Stop germs spreading
- Prevent eye infections (trachoma, conjunctivitis)
- Prevent gastrointestinal infections (diarrhoea)
- Prevent skin infections (skin sores and diphtheria)
- Prevent respiratory infections (coughs and colds, influenza, COVID-19 and diphtheria)
- Keep kids healthy and strong





STEP 3



**WASH FACE TO CLEAN
SNOT AND YUCKY EYES**

STEP 3

Wash Face to Clean Snot and Yucky Eyes

Help kids:

- Wash face whenever its dirty
- Wash face with clean water every day
- Gently clean around the eyes and nose
- Use a clean cloth
- Keep faces clean during the day

This helps:

- Stop germs spreading
- Reduce runny noses
- Keep eyes clean and healthy – *Clean faces, Strong Eyes!*
- Prevent eye infections (trachoma, conjunctivitis)
- Keep kids healthy and strong



WASH FACE TO CLEAN
SNOT AND YUCKY EYES



STEP 4



**BRUSH TEETH WITH
TOOTHPASTE,
MORNING AND NIGHT**



STEP 4

Brush Teeth with Toothpaste, Morning and Night

Help kids:

- Brush teeth in the morning and before bed
- Use toothpaste every time
- Brush all around the teeth and gums
- Help younger kids brush teeth up to 2 minutes

This helps:

- Stop germs spreading
- Keep teeth and gums strong
- Prevent oral health conditions (tooth decay and gum disease)
- Keep kids healthy and strong





STEP 5



**HAVE A SHOWER WITH
SOAP EVERYDAY**



STEP 5

Have a Shower with Soap Every Day

Help kids:

- Have a shower or wash every day
- Use soap on the whole body
- Help younger kids wash properly
- Check for skin sores

This helps:

- Stop germs spreading
- Prevent skin infections (skin sores and diphtheria)
- Keep skin healthy
- Keep kids healthy and strong



HAVE A SHOWER WITH
SOAP EVERYDAY



STEP 6



**DON'T SHARE
TOWELS**



STEP 6 Don't Share Towels

Help kids:

- Use their own clean towel
- Keep towels separate for each person
- Hang towels up to dry after use
- Wash towels regularly

This helps:

- Stop germs spreading
- Prevent eye infections (trachoma and conjunctivitis)
- Prevent skin infections and conditions (skin sores, scabies and diphtheria)
- Keep kids healthy and strong



**DON'T SHARE
TOWELS**



COUGH AND SNEEZE
INTO YOUR ELBOW



**EXTRA
TIP**



MILPA'S EXTRA TIP

Cough and Sneeze into your Elbow

Help kids:

- Cough and sneeze into their elbow
- Turn away from others when coughing and sneezing
- Wash hands with soap and water after coughing and sneezing

This helps:

- Stop germs spreading
- Reduce germs that can cause respiratory infections (coughs and colds, influenza, COVID-19 and diphtheria)
- Keep kids healthy and strong



COUGH AND SNEEZE
INTO YOUR ELBOW

HEALTHY HOMES HELP KEEP KIDS HEALTHY AND STRONG



Clean Clothes, Towels and
Bedding



Water and Washing Facilities



Healthy Homes and Yards

*MILPA SAYS: A HEALTHY HOME
MAKES IT EASIER TO FOLLOW
MILPA'S SIX STEPS EVERY DAY*



HEALTHY HOMES HELP KEEP KIDS HEALTHY AND STRONG

Healthy homes support Milpa's Six Steps. Clean water, working washing facilities and safe living conditions help stop germs spreading and keep families healthy and strong.

Clean Clothes, Towels and Bedding:

- Washing clothes, towels and bedding regularly helps remove germs
- Clean clothes, towels and bedding help stop germs spreading

Water and Washing Facilities:

- Soap and water help remove germs
- Clean running water is essential
- Working taps, sinks and showers make washing easier

Healthy Homes and Yards:

- Tidy homes and yards help keep families healthy and strong
- Putting rubbish in bins helps reduce flies, pests and germs
- Clean kitchens, bathrooms and surfaces help stop germs spreading

Yarning Prompts:

- What helps keep homes clean and healthy?
- Who can help repair things?



Report housing repairs or maintenance problems to your local housing provider, Environmental Health Workers or council.

WHEN KIDS NEED EXTRA HELP



Families and Carers



Schools and Early Learning



Clinics and Aboriginal Health Workers/Practitioners

MILPA SAYS: WE CAN ALL HELP KEEP KIDS HEALTHY AND STRONG!



**WHEN KIDS NEED EXTRA
HELP**

WHEN KIDS NEED EXTRA HELP

Families, schools, communities and clinics all have a role to play in helping kids stay healthy and strong. Working together helps kids get the extra help and care they need.

Families and Carers:

- Help keep kids healthy and strong by following *Milpa's Six Steps*
- Support kids when they need extra help or a visit to the clinic

Schools and Early Learning:

- Encourage kids to follow *Milpa's Six Steps*
- Notice when kids need extra help or a visit to the clinic, and work together with families to support them

Clinics and Aboriginal Health Workers/Practitioners:

- Support families when kids need extra help
- Check and treat infections and health conditions
- Provide advice, medicine and follow-up care
- Link families to other services when needed (for example, Environmental Health Workers, local housing providers or other support services)

Yarning Prompts:

- What signs tell you that a kid may need extra help or a visit to the clinic? (for example, problems with their eyes, ears, teeth, skin or feeling unwell)
- How can families, schools and clinics work together?





FURTHER INFORMATION

Resources and tools to support families, schools and communities
to help keep kids healthy and strong

FURTHER INFORMATION



MILPA'S SIX STEPS TO STOP GERMS

KIDS NEED YOUR HELP TO STOP GERMS



**1: BLOW NOSE UNTIL
EMPTY**



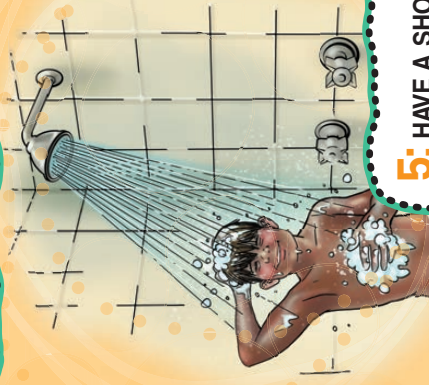
**2: WASH HANDS WITH
SOAP AND WATER**



**3: WASH FACE TO
CLEAN SNOT AND
YUCKY EYES**



**4: BRUSH TEETH
WITH TOOTHPASTE,
MORNING AND NIGHT**



**5: HAVE A SHOWER
WITH SOAP EVERY DAY**



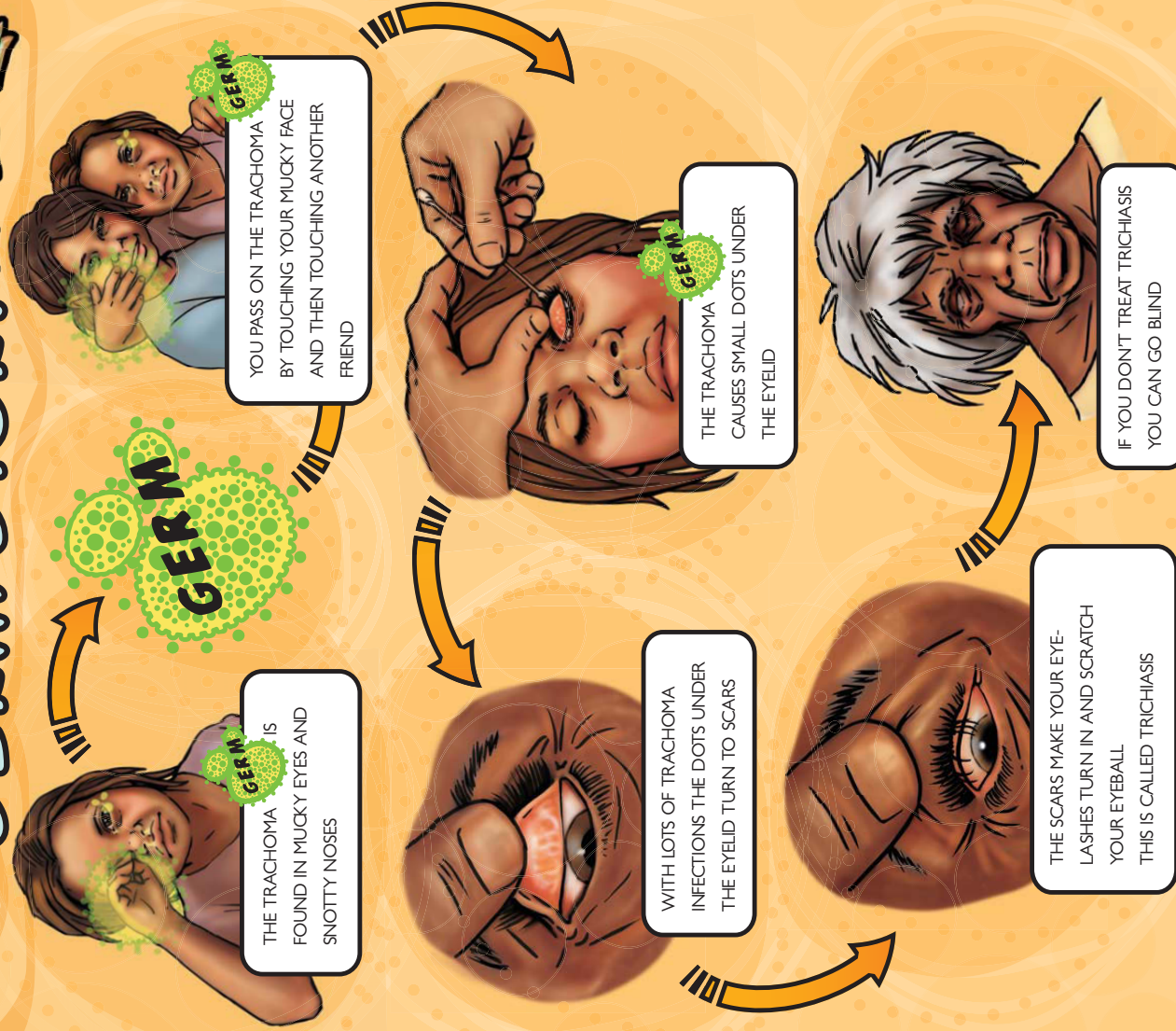
**6: DON'T SHARE
TOWELS**



FURTHER INFORMATION

THE TRACHOMA GERM STORY

CLEAN FACES, STRONG EYES!



CLEAN FACES STRONG EYES



Minimising the Burden of Trachoma and Other Eye Health

Australian Government
Department of Health

BB & A Miller
Foundation

FURTHER INFORMATION

CLEAN FACES, STRONG EYES!

TRACHOMA

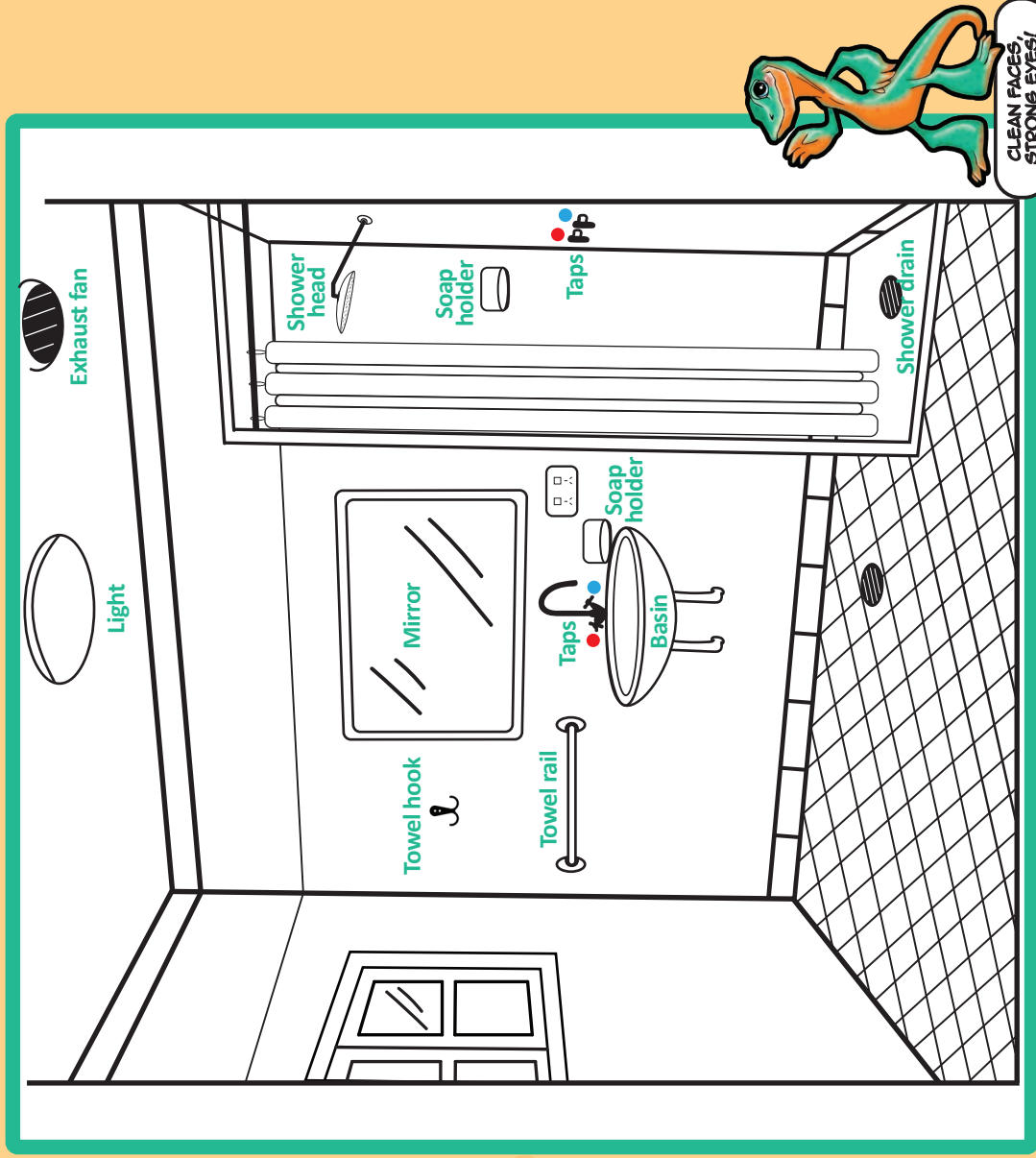
IS EASY TO PREVENT

WASH YOUR FACE



WHENEVER IT'S DIRTY

SAFE BATHROOM CHECKLIST



On the picture:



✓ Tick if works

✗ Cross if doesn't work



○ Circle if don't have

Do you have access to a washing machine? _____

Fill in your details:

Name: _____

Community: _____

Address/House Number: _____

Contact Phone Number: _____

Date: _____

If things don't work call:

FURTHER INFORMATION



For online training resources and other material
www.ieuu.unimelb.edu.au

V/2020.12



LESLEY'S HOMEMADE CLEANING PRODUCTS AND TIPS

FOR THE HOME

Cheap ways to clean your home all year round.
Friendly non-toxic products

All-purpose Spray/Cleaner

Best used for all surfaces, walls, floors, cupboards, window seals

- 2 t a b l e s p o o n of eucalyptus oil
- 2 tablespoon washing soda
- 2 tablespoon of dish washing liquid
- 1 1/2 cup of hot water
- 2 tablespoon of white vinegar
- 4 cups of cold water
- 1 litre bottle or spray bottle

Mix washing soda, dish washing liquid and eucalyptus oil with cup of hot water in bowl.

In the 1 litre bottle add 2 cups of cold water and vinegar, add in the mix from the bowl into the bottle. Shake well before use



Room Spray

Best used in the rooms for fresh smells

- 10-20 drops of lemon oil
- 10-20 drops of purify oil
- 1 teaspoon of witch hazel
- 200ml of water
- 500ml spray bottle

Mix lemon, purify, witch hazel and water in spray bottle. Shake up and use

Window & Glass Spray

Best used on windows, glass, and mirrors

- 15 drop of lemon oil
- 250ml of white vinegar
- 250ml of water
- 500ml spray bottle

Mix lemon, vinegar, and water in spray bottle. Shake well before use

Mould Spray

Best used on walls, cupboards, and ceiling

- 30 drops of clove oil
- 1 teaspoon witch hazel
- 500ml of water
- 500ml spray bottle

Mix clove, witch hazel and water into spray bottle. Shake well before use

Bathroom Spray

Best used in the bathtub, sink, taps

- 10-20 drops of tea tree oil
- 10-20 drops of lemon oil or juice
- 250ml of white vinegar
- 250ml of water
- 500ml Spray bottle

Mix tea tree oil, lemon oil or juice, vinegar, and water in spray bottle. Shake well before use



Toilet Spray

Best used in toilet area and bowl

- 10 drops of lemon oil
- 10 drops of peppermint oil
- 100ml of white vinegar
- 30ml Of dish washing liquid
- 500ml spray bottle

Mix lemon, peppermint, vinegar, and dish washing liquid in spray bottle. Shake well before use

Bathroom & Toilet Scrub

Best used in the bathtub, sink, taps

- 500g of bi-carb soda
- 3 tablespoon of dish washing liquid
- 200ml white vinegar in a spray bottle



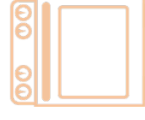
Mix bi-carb soda, dish washing liquid into a paste and start wiping down, leave for 2 mins before spraying on vinegar to make the paste bubble before wiping away

Oven Cleaner

Best use on kitchen oven, stove, and oven racks

- 8 drops of lemon oil
- 500g baking soda
- 1 cup of water

Mix baking soda and water together to make paste add lemon into the paste, use cloth to wipe on oven, leave for 1 hour before wiping off



Disclaimer

The information provided in the information sheets and the resources suggested are shared for general guidance only and may not be suitable for all individuals or situations. Users are encouraged to ensure their own safety and well-being when using the suggested cleaning products. This information is not a substitute for professional medical, environmental, or cleaning advice, and the provider disclaims any implied performance, reliability and functionality of the advice.

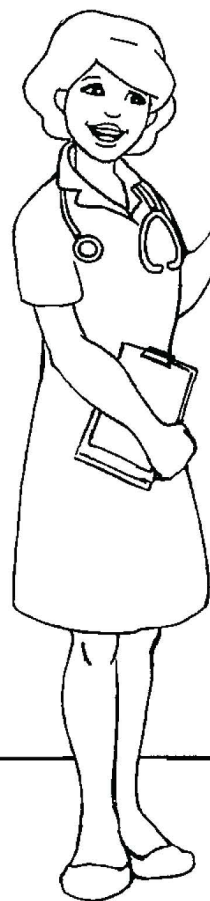
FURTHER INFORMATION

CLEAN FACES AND HANDS



KEEP YOUR EYES STRONG

GET EYES CHECKED!



MILPA'S SIX STEPS TO STOP GERMS

For more information about 'Milpa's Six Steps to Stop Germs' health promotion resources or additional eye health promotion resources please contact:

Minum Barreng: Indigenous Eye Health Unit

Level 5, 207 Bouverie Street
The University of Melbourne
Parkville 3010

Tel: (03) 8344 0322

Website: www.iehu.unimelb.edu.au

Email: Indigenous-eyehealth@unimelb.edu.au

National Aboriginal Community Controlled Health Organisation

GPO Box 299
Canberra ACT 2601

Tel: (02) 6246 9300

Website: www.naccho.org.au/eyes-vision-health/

Email: eyehealth@naccho.org.au

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